



MAILING ADDRESS:
12819 SE 38th ST, #183
BELLEVUE, WA 98006

PHYSICAL ADDRESS:
4445 SOMERSET BLVD SE
BELLEVUE, WA 98006
(425) 747-5575

2018 SRC Membership / Registration Form

| | | | |
|-----------------------|----|--------------|--|
| Last Name: | | | |
| First Name(s): Adults | | | |
| Home Phone: | | Cell Phone: | |
| Email Address(s): | | | |
| Address : | | | |
| City: | | State / Zip: | |
| Child Name / Age | 1) | | |
| | 2) | | |

- New Family Membership**
Annual dues \$525 and NO maintenance fee. REFERRED BY: _____ \$ _____
 - Renewing Membership**
Annual dues \$705 (\$575 + \$130 refundable maintenance fee*) \$ _____
 - Adult Couple Membership (18+ yr old)**
Annual dues: \$445 (\$315 + \$130 refundable maintenance fee*) \$ _____
 - Adult Single Membership (18+ yr old)**
Annual dues \$340 (\$210 + \$130 refundable maintenance fee*) \$ _____
 - Junior Membership** *Note: Junior membership is for no additional family members purchasing a membership. You must be at least entering your freshman year and be a member of the swim team or tennis team.*
Annual Dues: \$185 \$ _____
 - Swim Team (1st swimmer)**
\$460 (\$160 team fee + \$300 refundable volunteer fee**) \$ _____
 - Swim Team (additional swimmer)**
\$160 team fee \$ _____
 - Sharkies**
\$160 team fee \$ _____
- Group Swim Lessons**
- Week 1&2: June 25th – July 6th (10 classes) \$100 members / \$150 non-members
 - Week 3&4: July 9th – July 20th (10 classes) \$100 members / \$150 non-members \$ _____
 - Week 5&6: July 23rd – August 3rd (10 classes) \$100 members / \$150 non-members

Note: We are sorry to say that due to the deteriorating condition of the SRC tennis courts, there will be no tennis program this year.

- Check: Payable to Somerset Recreation Club (SRC).
Mail to: 12819 SE 38th St., #183
Bellevue, WA 98006
(or bring on opening day)

SUBTOTAL: \$ _____
SALES TAX (please add 10%): \$ _____
TOTAL: \$ _____

- Credit Card: (Pay online or at SRC).

*The maintenance fee will be refunded after you work a 4-hour shift

**The Volunteer fee will be refunded after you work the appropriate swim team shifts



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HAVING FUN. BEING HEALTHY. BUILDING COMMUNITY.

Additional Swimmer Information Form

For Swim Team, Sharkies, and Lesson Signups only

If you selected to join the Swim Team, Sharkies or swim lessons please provide us with this additional information so that we may better plan for the season.

Swimmer Info for Swim Team Sharkies or Group Lessons

| | |
|---------------------------|--|
| Last Name: | |
| First Name: | |
| Age as of 6/15/2018 | |
| Ability Level for Lessons | |

| | |
|---------------------------|--|
| Last Name: | |
| First Name: | |
| Age as of 6/15/2018 | |
| Ability Level for Lessons | |

| | |
|---------------------------|--|
| Last Name: | |
| First Name: | |
| Age as of 6/15/2018 | |
| Ability Level for Lessons | |

| | |
|---------------------------|--|
| Last Name: | |
| First Name: | |
| Age as of 6/15/2018 | |
| Ability Level for Lessons | |

SWIM LESSON LEVEL DESCRIPTIONS

BEGINNER 1:

This session teaches basic water skills including: entry into the water, bubble blowing, rhythmic breathing (bobs), front float, front glide, beginner stroke, back float safety skills. The goal of this class is to push off the wall to the instructor and do the following: front float (5 seconds), front glide with kick 5 feet, beginner stroke 5 feet and float on back unassisted for 5 seconds. Depending on students learning the following skills may be learned: hold breath and fully submerge head, retrieve objects from chest deep water, back float (5 seconds), leveling off from vertical position, flutter kick with board, turning over from front to back.

BEGINNER 2:

This session teaches beginner freestyle and beginner backstroke development skills. These skills include freestyle stroke with side breathing, back stroke, elementary backstroke kick, treading water, and standing dives. The goal of this class is to swim crawl stroke with side breathing (15 yds), elementary back stroke kick (10 yds), back stroke, 15 yds, tread water 30 seconds.

BEGINNER 3:

This session focuses on increasing endurance by swimming familiar strokes (elementary back, front crawl and back crawl) for greater distances. Students will also have an introduction: breaststroke sidestroke Standing front dive The goal is to complete the following skills: Deep water bobs, standing dives, elementary backstroke (10 yds), sculling on back (15 seconds), front crawl (25 yds), breaststroke kick (10 yards), scissor kick (10 yds), and treading water for 2 minutes.

INTERMEDIATE:

At this level, students perform the breaststroke, sidestroke and increase distances of front crawl and back crawl. Students begin to polish strokes with ease, efficiency, power and smoothness over greater distances. Students will be introduced to butterfly, open turns, and flip turns. The goal is to complete the following skills: breaststroke (10 yds), sidestroke (10 yds), swimming underwater (3 body lengths), elementary backstroke (25 yards), dolphin kick (10 yds), front crawl (50 yds), back crawl (50 yds), and perfect the standing front dive.

**The maintenance fee will be refunded after you work a 4-hour shift*

***The Volunteer fee will be refunded after you work the appropriate swim team shifts*