

# Palos Verdes Beach & Athletic Club Summer Swim Lesson Program 2017

**Session 1: June 13 -June 30    Session 2: July 5 -July 21    Session 3: July 25 -August 11**

## CLASS DESCRIPTIONS

Skill levels listed below are based on successful completion of the class. The following classes are 30 minutes of instruction, Tuesday through Friday.

**MOMMY/DADDY & ME**-Open to non-swimmer children, 6 mos. to 2 ½ years of age. An adult must participate in the water with the child.

**LEVEL 1: WATER EXPLORATION**-Introduction to water safety. Skills to be taught are: fully submerge face; buoyancy and breath control (bubble blowing, supported float front and back); water entry and exit independently; locomotion (supported kicking on front and back and alternating arm action).

**LEVEL 2: PRIMARY SKILLS**-Participants will be taught to hold breath and fully submerge head: float on their own; get out at side of pool; flutter kick front and back; combined stroke action arms and legs.

**LEVEL 3: STROKE READINESS**-Participants will be taught to retrieve objects, eyes open, no support; jump into deep water; coordinate arm stroke for front crawl (freestyle) with breathing to the side; elementary backstroke; turns; beginning diving.

**LEVEL 4: STROKE DEVELOPMENT**-Participants will experiment with buoyancy and floating positions; dive from side of pool; elementary backstroke, freestyle, breaststroke, and sidestroke; turns.

**LEVEL 5: STROKE REFINEMENT**-Participants will be taught to do alternate breathing; beginner diving progression from the diving board; long shallow dive; the four strokes (freestyle, breaststroke, backstroke, butterfly); open turn on front and back.

**LEVEL 6/7: SKILL PROFICIENCY & ADVANCED SKILLS (A COMBINED CLASS)**-Participants will work on refinement skills, technique, and conditioning, including all strokes, turns, diving (springboard and from side), and basic rescue techniques.

**PLEASE NO CHILDREN OVER THE AGE OF 13 YEARS OLD**

### Children's Swim Class Schedule

**Tuesday – Friday (1/2 hour)**

**(Classes are limited)**

Class	10:00	10:30	11:00	11:30	12:00	12:30
MOMMY/DADDY & ME					•	
LEVEL 1: WATER EXPLORATION			•	•		
LEVEL 2: PRIMARY SKILLS		•	•	•		
LEVEL 3: STROKE READINESS		•	•	•		
LEVEL 4: STROKE DEVELOPMENT	•	•			•	•
LEVEL 5: STROKE REFINEMENT	•				•	•
LEVEL 6/7: ADVANCED SKILLS	•					•

**ALL NON-MEMBERS MUST SUPPLY THEIR OWN TOWELS  
ALL NON-MEMBERS PLEASE LIMIT ONE ADULT PER PARTICIPANT**

### SESSION FEES

PVBAC.....	\$ 120.00
RESIDENTS OF PVE.....	\$180.00
NON-RESIDENTS.....	\$200.00
(EACH PARTICIPANT MUST SIGN UP FOR 1 LEVEL ONLY PER SESSION)	

**PVBAC MEMBER'S SIGN UP BEGINNING FRIDAY, MARCH 31<sup>ST</sup>  
PVE RESIDENTS SIGN UP BEGINNING MONDAY, MAY 1<sup>ST</sup>  
NON-PVE RESIDENTS SIGN UP BEGINNING FRIDAY, MAY 12<sup>TH</sup>**

### REGISTER IN PERSON WITH CASH OR CHECK (PAYABLE TO PVBAC)

PAYMENT MUST ACCOMPANY THIS APPLICATION.

For more information, please contact Chris Manos, Manager at 375-8777.

**NO MAKE UP CLASSES, NO EXCHANGES, NO REFUNDS, NO EXCEPTIONS!**

**PLEASE NOTE: PARTICIPANTS ARE TO EXIT THE CLUB  
WHEN THEIR SWIM LESSON HAS CONCLUDED.**

# PALOS VERDES BEACH AND ATHLETIC CLUB CHILDREN'S SWIM LESSON REGISTRATION FORM

(Please Print)

Student's Last Name \_\_\_\_\_ Student's First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Age of Student \_\_\_\_\_ Home Phone \_\_\_\_\_

Parent \_\_\_\_\_ Parent's Cell Phone \_\_\_\_\_

Session: \_\_\_\_\_ Level: \_\_\_\_\_ Time: \_\_\_\_\_

**EMERGENCY CONTACT:** Please list the name and phone number of a relative, friend, neighbor or parent at work who may be contacted if we are unable to reach anyone at home.

Name \_\_\_\_\_ Telephone \_\_\_\_\_

## SUMMER SWIM LESSON WAIVER AND RELEASE OF LIABILITY

In consideration of using the Palos Verdes Beach and Athletic Club (PVBAC) pool deck level only, the undersigned:

1. Agree prior to using the PVBAC facilities, you will inspect the facilities and equipment to be used, and if you believe anything is unsafe, you will immediately advise the management of PVBAC.
2. Acknowledge and fully understand that you will be engaging in activities that involve risk of injury, which may resolve in permanent disability or death, and in social and economic losses which might result not only from your actions or negligence of others, but from the condition of the premises. Further, there may be risks not known to PVBAC or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accept responsibility for any damages following and/or caused by such injury, permanent disability or death.
4. Release, waive, discharge and convenient not to sue PVBAC, its affiliates, administrators, directors, members, agents, coaches, and other employees of PVBAC, and owners and lessors of the premises used to conduct the activities of PVBAC, all of which are here in after referred to as "Releasees", from demands, losses, or damage on account of injury, including, but not limited to, disability, death or damage caused or alleged to be caused in whole or in part by your acts or omissions, the negligence of the Releasees, or other guests of PVBAC or otherwise.

**THE UNDERSIGNED HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.**

STUDENT'S NAME \_\_\_\_\_  
(PRINT)

PARENT OR GUARDIAN \_\_\_\_\_  
(PRINT)

\_\_\_\_\_  
(SIGNATURE)