

TRC Swimming Lesson Registration Form

Swimmer Name: _____ Age: _____

Class Schedules: Please Mark Your Session Preference

Weekday Session: 1 June 26th – July 7th

9:00am - 9:30am 9:30am - 10:00am

10:00am - 10:30am

10:30am – 11:00am 11:00am – 11:30am

11:30am – 12:00pm

Weekday Session: 2 July 10th – July 20th

9:00am - 9:30am 9:30am - 10:00am

10:00am - 10:30am

10:30am – 11:00am 11:00am – 11:30am

11:30am – 12:00pm

Weekday Session: 3 July 24th – August 3rd

9:00am - 9:30am 9:30am - 10:00am

10:00am - 10:30am

10:30am – 11:00am 11:00am – 11:30am

11:30am – 12:00pm

Weekday Session: 4 August 7th – August 17th

9:00am - 9:30am 9:30am - 10:00am

10:00am - 10:30am

10:30am – 11:00am 11:00am – 11:30am

11:30am – 12:00pm

Weekday Session: 5 August 21st – August 31st

9:00am - 9:30am 9:30am - 10:00am

10:00am - 10:30am

10:30am – 11:00am 11:00am – 11:30am

11:30am – 12:00pm

Weekend Session: 1

Lesson 1-2: June 24th & 25th

Lesson 3-4: July 1st & 2nd

Lesson 5-6: July 8th & 9th

Lesson 7-8: July 15th & 16th

9:00am - 9:30am 9:30am - 10:00am

10:00am - 10:30am

Weekend Session: 2

Lesson 1-2: July 22nd & 23rd

Lesson 3-4: July 29th & 30th

Lesson 5-6: August 5th & 6th

Lesson 7-8: August 12th & 13th

9:00am - 9:30am 9:30am - 10:00am

10:00am - 10:30am

Lesson Fees:

Residents & Members: \$45.00 per swimmer/per session

Non-Resident/Members: \$55.00 per swimmer/per session

Private Swim Lessons: \$30 per swimmer/per lesson

We offer a \$5.00 discount for each additional swimmer (members and non-members)

Signature: _____ Date: _____

TRC Swimming Lesson Registration Form Pt. 2

Swimmer Name: _____ Age: _____

Tadpoles: 3 months – 12 months

This swim class is for parents & infants with a focus on water adjustment. Your child will gain confidence in the water; blowing bubbles, movement in the water, face wetting, meeting new friends playing with toys & submersion games, are all part of this class!

Minnows: 13 months – 3 years

This swim class is for parents & toddlers with a focus on creating boundaries in & around the water. Swimmers will practice safe entry, water adjustment, breath control, beginning arm stroke, floating, flutter kicks, push & glide moves. As the students show readiness, they will independently move through the water both to & from the wall & between the instructor & the parents.

Leapfrogs: 3 years & up

This swim class is for swimmers who are comfortable in water without a parent who can follow instructions. Put entire face in water & blow bubbles for 5 seconds. Beginning flutter kicks. Face float, float on a floaty boat by themselves and safely remove themselves from the water are all part of this class!

Seahorses: 4 years & up

This swim class is for swimmers who can do a front glide with kick 10ft. while entire face is in the water. A front glide with head in the water and be able to dive from a seated position. They will learn to perform assisted frog hops, jump in water assisted & swim to wall, 15 second front & back floats, swim to deep end with floaty & retrieve bottom dwellers at 4ft.

Stingrays: 6 years & up

This swim class is for swimmers who can perform a front & back glide with good position with kick for 20ft. Front & back crawl width of pool while performing hand & arm coordination with head back. Swim under water for 10ft. Swim to deep end, jump in deep end & elementary backstroke.

Seals

This Class is for swimmers who can front crawl the width of the pool. Back crawl with head back & correct arm, & leg coordination. Beginning butterfly rhythm. Traveling frog towards deep end. Freestyle with side breathing. Backstroke. Breaststroke kick. Tread water. Standing dive.

Sharks

To take this class swimmers must be able to front crawl with correct stroke. Elementary backstroke. Back crawl with shoulder roll for 2 lengths (50yds) each. Butterfly rhythm. Sidestroke

TRC Swimming Lesson Registration Form Pt.3

Swimmer Information:

First: _____ Last: _____

Date of Birth: _____ Age: _____ Gender: _____

Parent/Guardian Information:

First: _____ Last: _____

Relationship: _____ Phone: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Emergency Contact Information:

First: _____ Last: _____

Relationship: _____ Phone: _____ Email: _____

Please circle one of the categories listed that best describes the swimming ability of the child.

Beginner - Intermediate - Advanced

Has the swimmer had previous swim lessons here or at another pool? **Y / N**

Does the swimmer have a fear of water? **Y / N**

Please share any special needs or information that would be beneficial for us to know about the swimmer:

Office Use Only

Sign Up Date: _____ Membership #: _____ Lesson Total: _____

Group Swim Lesson Information:

- A separate application for each swimmer is required. Please note, all the information requested on pages 1, 2, & 3 must be completed in their entirety and a signature is required.
- Each weekday session consists of 8 classes divided into 2 weeks each lesson is 30 minutes long offered from 9am – 12pm (Monday– Thursday).
- Each weekend session consists of 8 classes divided over 4 weeks each lesson is 30 minutes long offered from 9am – 10:30am (Saturday & Sunday).
- We will not hold swim classes on July 4th, instead class will be held on Friday July 7th.
- Should there be any other interference with the regularly scheduled lessons for example; the weather, or water quality, make up classes will be arranged.
- The cancellation of swim lessons due to the weather will be made 30 minutes prior to the lesson. We encourage you to call the office (360-491-3907) check our website, or Facebook page for information on a questionable day.
- We reserve the right to cancel any sessions due to low enrollment.
- If a session is cancelled you will be provided a full refund.
- We only allow 4 students per level and registration is on a first come first serve basis until each session is full. Your spot in the level is not reserved until payments are received.
- Applications will be accepted until the day before the session is to begin at the pool office.
- No registrations will be accepted the day of or after a desired session has started.
- Once lessons are completed for the day, we ask that everyone leave the pool facility prior to reentering the pool for the normal pool open swim hours.
- Please arrive at the pool no more than 15 minutes prior to the lesson and ready to swim.
- Goggles are not required but encouraged depending on class level.
- Lessons are performance based, if it is determined that your swimmer is not prepared for the desired class level, we reserve the right to suggest alternatives; such as moving the swimmer to the appropriate class level.
- We also offer private swim lessons for ages 4 through adult.

Group Swim Lesson Overview:

First Day of Lessons:

On the first day of lessons the Swim Lessons Coordinator will meet you in the pool lobby to escort you back to the pool. The Swim Lessons Coordinator will let you know who your swim instructor will be for the session you have signed up for, where to wait until lessons begin, places to sit and watch lessons, and will answer any questions you may have.

What to Bring to Lessons:

- **Swimsuit:** All participants must wear appropriate swim attire when in the pool. If your swimmer is not yet potty-trained, please be sure to have them wear a swim diaper (specifically designed for use in pools). We have some at the front desk for sale if you do not.
- **Towel:** Please bring your swimmer a towel or they will be without, towels are not provided for swim lessons or anyone else using the facility.
- **Goggles:** Beginning levels are not advised to use goggles because of the value placed on the safety of being comfortable opening one's eyes under water. As swim skills increase, the use of goggles will be encouraged to aid the swimmer in learning the skills.
- **Positive Attitude:** The learning process can be rewarding but frustrating at times. With patience and a positive attitude, you and your participant can get the most out of swim lessons and be on your way to increasing your enjoyment in the water.

The Swim Lesson Coordinator & Your Swim Instructor:

On each day of swim lessons, the Swim Lesson Coordinator will meet you in the pool lobby up to 15 minutes prior to the start of lessons to escort you and your participant back to the pool. Please wait for the Swim Lesson Coordinator to avoid confusion and to help our facility run smoothly. If you are running late, please check in with the Front Desk Attendant.

During Lessons:

We encourage you to sit on the brown benches that are spread out around the pool deck to watch your swimmer. We encourage you to watch the skills your swimmer is learning and to practice them together outside of formal lessons. While we encourage parents/guardians to engage in the learning process with their swimmer outside of lessons, please refrain from approaching your swimmer while they are in the water with their instructor. It can disrupt your swimmers concentration, the concentration of other swimmers, and keeps the instructor from being able to accomplish all lesson goals.

After Lessons:

- When lessons end each day the swim instructor will dismiss their swimmers. Please feel free to address any questions you may have with your swimmers swim instructor at this time. You may then continue to the locker rooms where you can shower and gather your belongings before leaving the pool facility. Once lessons are completed for the day, we ask that everyone leave the pool facility prior to reentering the pool for the normal pool open swim hours.

Last Day of Lessons:

On the last day of a swim lessons session, group lessons participants will receive an Achievement Card from their swim instructor. This card indicates the skills they have completed and whether they will be continuing in the same level or have passed to the next level. The Achievement Card can be useful when registering for another session at the TRC Pool.

Payment & Refunds:

The Tanglewilde Recreation Center accepts any US-issued and most internationally-issued magstripe or chip cards bearing a Visa, MasterCard, American Express, Discover, JCB, or UnionPay logo. Cash and Check. All swim lessons must be purchased prior to the lessons. Group Swim Lessons are purchased as a complete session. No refunds, or make-up lessons will be provided for missed classes or participant withdrawal after the first lesson. In case of class cancellations, due to pool closure, additional time will be added to the remaining classes. Private Swim Lessons can only be purchased after a date/time, and instructor have been confirmed by the Swim Lessons Coordinator or Pool Manager. Private swim lessons may be purchased one-at-a-time or by purchasing multiple lessons at one time (not to exceed 8 lessons per participant). Refunds for private swim lessons are available for unused lessons.

Tanglewilde Recreation Center Rules & Regulations Overview:

The Tanglewilde Recreation Center is committed to conducting its recreation programs and activities in a safe manner and to hold the safety of its participants in high regard. The Tanglewilde Recreation Center continually strives to reduce such risks and insists that all participants follow safety rules and instructions. However, participants and parents/guardians of youth registering for any program(s) must recognize that there is an inherent risk of injury when choosing to participate in recreational activities. You are solely responsible for determining if you or your minor child/dependents are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. Tanglewilde Recreation Center does not carry accident or hospitalization insurance on any program participant. It is recommended that participants review their own personal insurance policy for adequate coverage during all program(s) activities. Tanglewilde Recreation Center is not responsible for items lost or stolen at the facility.

Initials:

Warning of Risk

Swimming is a sport that challenges and engages the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to drowning, head/brain injury, and cervical spine injury. Understandably not all hazards and dangers can be foreseen. The very nature of swimming is hazardous and risky, including but not limited to fatigue and overexertion, failing to avoid dangerous area, horseplay, diving, or cannon-balling into shallow water and striking the bottom or side of the pool, poor supervision or instruction, lack of conditioning, becoming disoriented, striking other swimmers, defective or inadequate equipment, striking one's head on the bottom when using a diving block, slipping or falling on the deck or within the locker

facility, chemical exposure and all other circumstances inherent to the sport of swimming. In this regard, it must be recognized that it is impossible for the Tanglewilde Recreation Center to guarantee absolute safety.

Initials:

Tanglewilde Pool Rules:

These rules are for the safety of our patrons and the well-being of our facility.

General Pool Rules:

- Do not run or engage in rough play in the pool area or locker rooms.
- Do not enter the pool if you suspect you have a communicable disease, illness, open cut or blister.
- Please remove all Band-Aids, earrings and loose fitting jewelry before entering the pool.
- Apply sunscreen at least 30 minutes before entering the pool. (it makes the water cloudy otherwise)
- Patrons with long hair must have hair pulled back into a ponytail before entering the pool. (hair clogs pool filters)
- Extended breath holding or hyperventilating are prohibited.
- Wear family appropriate and clean swim attire only.
- Shower using warm water before entering the pool or after any use of the toilet facilities.
- Spitting, spouting water from the mouth or blowing the nose in the pool is prohibited.
- Misuse of equipment will result in the loss of privileges.
- No diving into the shallow end.
- Animals are not allowed in the pool area.
- Glass and shatter-able items are prohibited in the pool area.
- Tobacco, alcohol and gum are prohibited in the pool area.
- Do not bring food or drinks to the pool deck unless otherwise noted.
- This is a family facility; profanity or inappropriate behavior is not allowed.

Family Swim:

- Non-swimmers or youth under 5 years of age must be accompanied in the water by a guardian. The guardian must stay within arm's reach.
- Only 2 non-swimmers per guardian.
- Youth swimmers age 6-10 years of age must be accompanied by a guardian to the facility. Guardians do not need to be in the water, they should however remain within eye sight of the child.
- Only Coast Guard approved flotation devices are allowed in the pool. (no water wings) Life jackets are available to borrow.
- Toys are subject to the Lifeguard's discretion.
- Playing on ladders or railings is not allowed.
- Swim diapers are preferred for children who are not toilet trained.
- Diaper changing in the pool area is prohibited. Please use locker rooms.

Deep End & Diving Board Rules:

- Swimmers 13 years and under must pass a swim test to swim in the deep end. Or if a Lifeguard believes swimming skills are not adequate at any age.
- Back dives and flips are not permitted off the pool deck or diving board.
- Swimmers must jump off the board forward facing.
- One person at a time on the diving board.
- Please refrain from horseplay while waiting in diving board line.
- Only one bounce on the diving board.
- Hanging on the diving board is not permitted.
- After jumping, swim to the nearest ladder immediately.
- During recreation swim, deep end will alternate 30 minutes for swimming and 30 minutes for diving boards.

Lifeguard Information:

- 1 Short whistle blast = look at the Lifeguard
- 3 Short whistle blast = get out of the pool immediately

Please obey all Lifeguard instructions; failure to do so may result in patrons being asked to leave. The Lifeguards have final authority!

Initials:

By signing my name below, I certify that I have read the above information. Any questions concerning these policies have been discussed before signing my name. My signature also certifies my understanding of and agreement with the above policies. I further understand that failure to obey these rules set forth, may result in my removal from the facility without refund.

Signature

Date

Private Swim Lessons Overview:

Scheduling and Registration:

To request a private lesson, you can email the Pool Manager at trcpoolmanager@gmail.com with the name, age, and level of the swimmer, as well as the days and times they are available for lessons. This information will be sent to The Swim Lessons Coordinator who will then find an instructor whose schedule works with the requested lesson and level. The Swim Lessons Coordinator or Pool Manager will contact you when they have found an instructor for your swimmer.

First Day of Private Lessons:

On the first day of private lessons the swim instructor will meet you at the front desk ten minutes prior to the start of your private lesson and escort you back to the pool.

Last Day of Private Lessons:

The last day of private lessons is based on a mutual agreement between you and your swim instructor. Please confirm the last day with your private swim lesson instructor in advance. Private swim lesson participants do not receive a report card at the end of the quarter unless the goal of private lessons is to complete a skill level. In this case, participants may request a report card prior to the last day of lessons.

Cancellations:

If you have the appropriate contact information you may inform your instructor of any cancellations. If you have not exchanged contact information with your instructor, email the Pool Manager at trcpoolmanager@gmail.com or call 360-491-3907 leave a detailed message and your instructor will be contacted. Failure to cancel your lesson at least one hour prior or showing up over 15 minutes late to the start will result in a loss of the lesson and you will not be reimbursed.

Rescheduling Private Lessons:

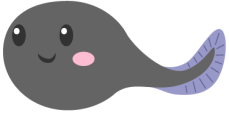




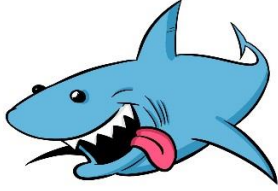

If you must re-schedule a private swim lesson for any other day/time than your regularly scheduled day/time, your swim instructor must first confirm the new day/time with the Swim Lessons Coordinator to assure there is not a conflict with regularly scheduled pool activities. This must be done before the start of the new lesson.

Requesting a New Instructor:

We try our best to match each participant with the right swim instructor for their goals. However, occasionally, the swim instructors' scope of training is surpassed by the participant, or the participant and the swim instructor find that their pairing is just not the right "fit". In either case, we encourage open communication between private lesson parents/participants and their swim instructor. Speaking directly with your swim instructor about your goals and needs may solve the problem. If you do not feel that your swim instructor is a good fit, please contact the Swim Lessons Coordinator or Pool Manager and we will work towards finding you another swim instructor who better fits your needs.

Tanglewilde Swim Lesson Program

Class Levels

Primary Levels		Secondary Levels	
 <p><u>Tadpoles</u> 3 Months – 12 Months</p>	<p>This swim class is for parents & infants with a focus on water adjustment. Your child will gain confidence in the water; blowing bubbles, movement in the water, face wetting, meeting new friends playing with toys & submersion games, are all part of this class!</p>	 <p><u>Stingrays</u> 6 Years & Up</p>	<p>This swim class is for swimmers who can perform a front & back glide with good position with kick for 20ft. Front & back crawl width of pool while performing hand & arm coordination with head back. Swim under water for 10ft. Swim to deep end, jump in deep end & elementary backstroke.</p>
 <p><u>Minnows</u> 13 Months - 3 Years</p>	<p>This swim class is for parents & toddlers with a focus on creating boundaries in & around the water. Swimmers will practice safe entry, water adjustment, breath control, beginning arm stroke, floating, flutter kicks, push & glide moves. As the students show readiness, they will independently move through the water both to & from the wall & between the instructor & the parents.</p>	 <p><u>Seals</u></p>	<p>This Class is for swimmers who can front crawl the width of the pool. Back crawl with head back & correct arm, & leg coordination. Beginning butterfly rhythm. Traveling frog towards deep end. Freestyle with side breathing. Backstroke. Breaststroke kick. Tread water. Standing dive.</p>
 <p><u>Leapfrogs</u> 3 Years & Up</p>	<p>This swim class is for swimmers who are comfortable in water without a parent who can follow instructions. Put entire face in water & blow bubbles for 5 seconds. Beginning flutter kicks. Face float, float on a floaty boat by themselves and safely remove themselves from the water are all part of this class!</p>	 <p><u>Sharks</u></p>	<p>To take this class swimmers must be able to front crawl with correct stroke. Elementary backstroke. Back crawl with shoulder roll for 2 lengths (50yds) each. Butterfly rhythm. Sidestroke.</p>
 <p><u>Seahorses</u> 4 Years & Up</p>	<p>This swim class is for swimmers who can do a front glide with kick 10ft. while entire face is in the water. A front glide with head in the water and be able to dive from a seated position. They will learn to perform assisted frog hops, jump in water assisted & swim to wall, 15 second front & back floats, swim to deep end with floaty & retrieve bottom dwellers at 4ft.</p>		