

UMBC LEARN TO SWIM PROGRAM
Summer 2009 REGISTRATION FORM

Child's Name _____ M F Age _____

Parent's Name _____

Address: _____

Email Address _____ Phone #: _____

Please Indicate Primary Lesson Choice with a 1 and Secondary Lesson Choice with a 2

SESSION 3: A _____ B _____ C _____ D _____ E _____ F _____ G _____ H _____ I _____

SESSION 4: A _____ B _____ C _____ D _____ E _____ F _____ G _____ H _____ I _____

SESSION 5: A _____ B _____ C _____ D _____ E _____ F _____ G _____ H _____ I _____

SESSION 6: A _____ B _____ C _____ D _____ E _____ F _____ G _____ H _____ I _____

SESSION 7: A _____ B _____ C _____ D _____ E _____ F _____ G _____ H _____ I _____

SESSION Sun 3: A _____ B _____ C _____ D _____ E _____

LEVEL: JELLYFISH _____ GUPPIE _____ MINNOW _____ TROUT _____

Please check the appropriate level above which best describes the student's current swimming skills:

JELLY FISH: For children 4 years old and up. The emphasis in this group is basic water skills and safety. Overcoming fear of the water, blowing bubbles, floating and retrieving items from the bottom of the pool are the focus of this level. This level has games and activities, which serve to help overcome fear of the water. This is a great place to start for the first time lesson taker. Generally, the classes will be split by age, 4 – 6 year olds and 7 yr and older.

GUPPIE: Students should be comfortable in the water, able to submerge and float on their front and backs. During this level they will learn the beginning skills of freestyle and backstroke. Children will often remain in this level for a number of sessions. This level is generally for students 4 and older.

MINNOW: At this level the students will be continuing to improve their freestyle and backstroke skills. Students who enter lessons at this level should be able to swim some freestyle and backstroke. Children should also be able to rotary breath during freestyle. Breaststroke will also be introduced at this level. This level is generally for swimmers 5 and older.

TROUT: Students at this level of the Lesson Program should be able to swim 25 yards of freestyle with rotary breathing unaided, competent in backstroke and displaying general breaststroke skills. The students will continue to perfect their skills in order to swim several laps of each stroke.

MAKE CHECKS PAYABLE TO UMBC

MAIL COMPLETED REGISTRATION FORM TO:

UMBC Retrievers Activity Center
UMBC Retrievers Aquatics Club
ATTN: Rob Franc
1000 HILLTOP CIRCLE
BALTIMORE, MARYLAND 21250

For any additional information and/or questions email Rob Franc francrob@umbc.edu or call 410-455-2716 or go to the UMBC Athletic Website at www.umberetrievers.com and click on AQUATICS then SWIM LESSONS