

Preschool Age Classes (3-4 years)

25 minute classes-Mon-Thur

Make up days for weather will be on Friday

Fee: \$20-resident/\$30-non resident

5 students per instructor

Participants learn elementary aquatic skills. Helps them feel comfortable in the water and to enjoy the water. Parents do not need to get in the water but should be prepared to help supervise children on the side of the pool.

Class Description:

- *Child should be potty trained and able to be separated from Parent.
- *Class will focus on water adjustment skills.
- *Students will learn to submerge face, blow bubbles, enter and exit water safely, and front and back float with and without support.
- *Recover from front and back, float to standing position with and without support
- *Change directions (roll over from front to back with and without support).

Level 1-4 (5-13 years)

45 minute classes-Mon-Thur

Make up days for weather will be on Friday

Fee: \$35-resident/\$50-non resident

6 students per instructor

Students will be tested the first day of each session to determine their skill level. Once they are put with an instructor, they will remain in that class throughout the session. **The first day of class for each session may run a little long in order to test each student.**

Class Description:

Level 1-Fully submerge head/face in water, supported floating and kicking on front and back, alternating arm action while walking through the water.

Level 2-Floating and kicking on the front and back, rhythmic breathing, combined stroke on front and back, and turning over front to back and back to front.

Level 3-Elementary backstroke, front crawl and back crawl, glide push offs, dive from a kneeling position, and kicks for treading water.

Level 4-Deep water bobbing, dive from a standing/stride position, build endurance in front and back crawl stroke, learn backstroke and sidestroke, and alternate kicks for treading water.

2016 Knightdale Swim Lesson Registration Form

Participant Name: _____ M F Birthdate: ____/____/____
 Address: _____ City: _____ Zip: _____
 Contact Name: _____ Cell #: _____
 Contact Birthdate: ____/____/____ Email: _____

Please mark the class in which you would like to enroll for each session. You may use one form to register for multiple sessions for the same child. Additional children should be registered on a separate form. Mail/Check to: KPRD, 950 Steeple Square Court, Knightdale, NC, 27545

Session 1-June 6-9	
AM classes	
<input type="checkbox"/> Preschool	9:30-9:55 am
<input type="checkbox"/> Preschool	10:00-10:25am
PM classes	
<input type="checkbox"/> Level 1-4	6:45-7:30 pm
Session 2-June 20-23	
AM classes	
<input type="checkbox"/> Preschool	9:30-9:55 am
<input type="checkbox"/> Level 1-4	10:00-10:45 am
PM classes	
<input type="checkbox"/> Preschool	6:45-7:10 pm
<input type="checkbox"/> Level 1-4	7:15-8:00 pm
Session 3-July 11-14	
AM classes	
<input type="checkbox"/> Preschool	9:30-9:55 am
<input type="checkbox"/> Level 1-4	10:00-10:45 am
PM classes	
<input type="checkbox"/> Level 1-4	6:45-7:30 pm

Cost Per Class

PreSchool
 \$20 Resident
 \$30 Non-Resident

Level 1-4
 \$35 Resident
 \$50 Non-Resident

Level 1-4: Registered students will be tested on the first day of class and put into their proper level.
Please note: the first class of each session may run a few minutes long due to testing.

Session 4-July 25-28	
AM classes	
<input type="checkbox"/> Preschool	9:30-9:55 am
<input type="checkbox"/> Level 1-4	10-10:45 am
PM classes	
<input type="checkbox"/> Level 1-4	6:45-7:30 pm
Session 5-August 8-11	
AM classes	
<input type="checkbox"/> Preschool	9:30-9:55 am
<input type="checkbox"/> Preschool	10:00-10:25 am
PM classes	
<input type="checkbox"/> Level 1-4	6:45-7:30 pm

I, the undersigned parent/guardian of a participant in the Knightdale Parks, Recreation & Cultural Programs swim lesson program, on behalf of the above named participant and myself, recognize and acknowledge that there are certain risks of physical injury and agree to assume full risk of any injuries, including death, damages or loss which may be sustained as a result of participating in any and all activities associated with such a program.

I, on behalf of the above named participant and myself, do hereby fully release, discharge and indemnify the Knightdale Parks, Recreation & Cultural Programs and its officers, agents, servants and employees from any and all claims resulting from injuries, including death damages and losses sustained by me or arising out of, connected with, or in any way associated with the activities of the program.

Knightdale Parks, Recreation & Cultural Programs occasionally uses videotape, audio, or photographic material of participants for the purpose of promotional materials for the Town of Knightdale programs and services.

Parent/Guardian Signature: _____ Date: _____