

CSNA 2010 YOUTH SWIM LESSON PROGRAM

Welcome to CSNA group swim lessons. Lessons are offered from the non-swimmer who is not safe in the water to advanced swimmer who will be introduced to competitive strokes. A brief description of level requirements is available on the reverse of this form. Class size will be limited to 6 to 8 students per instructor depending on class level. All instructors have had prior teaching experience and/or have gone through training to become an instructor.

Cost:

\$60 for CSNA Members for eight 45 minute classes, Monday – Thursday
 \$75 for Non-CSNA Members for eight 45 minute classes, Monday – Thursday

Class Times:	Level
9:00 – 9:45 AM	Level 1- Turtles
9:45 – 10:30 AM	Level 2- Ducks
9:45 – 10:30 AM	Level 3- Fish
Advanced classes or private lessons	Please call CSNA

Session	Dates
Session 1	June 7 th – June 17 th
Session 2	June 21 st – July 1 st
Session 3	July 5 th – July 15 th
Session 4	July 19 th – July 29 th
Session 5	Aug 2 nd – Aug 12 th

Registration:

Please register on-line at www.casasolanapool.org or complete the form below and mail with payment. Keep in mind sessions may fill quickly. Members and non-members should either pay on-line or include payment by check payable to CSNA. Please fill out a separate registration form for each participant & session.

Policies:

Make up classes: There will be no individual makeup sessions or refunds given for classes missed due to sickness, vacation or any other reason
Cancellations: may be made up to 2 weeks before the start of class. We will refund your class fees, minus a \$20 cancellation charge. Cancellations made less than 2 weeks before class will not be refunded.

Class Size: Class Size will be from 4-8 students. If for any reason 4 students do not enroll for a session CSNA will do its best to place student in another session. The student will be placed on a waiting list if class is already full. CSNA will call you and let you know the status of the class.

If you have questions, please feel free to contact the Pool at (505) 986-9003, we will do our best to schedule students for the classes requested.

----- Please return lower portion with Payment -----

CSNA 2010 Swim Lessons

Swimmer’s Last Name: _____ First Name: _____ Age: _____

Parent’s Last Name: _____ First Name: _____ CSNA Member: Yes / No

Home Phone: _____ Mobile Phone: _____ Email: _____

Address: _____ City: _____ Zip: _____

Please pick Session and Time Preferences (see reverse for class descriptions): ***Please make sure you register your child at the appropriate level. See other side for brief description of levels.***

First Choice: Session: _____ Level: _____

Second Choice: Session: _____ Level: _____

*All contact information will stay in the privacy of CSNA.



Level 1-Turtles: A class designed to help students feel comfortable in the water. Students will work on breath-holding, front/back floating, entering water independently, introduction to flutter kicking, and front crawl arms. Students with water experience may advance through this level rapidly. (45-minute lessons.) Limit 8 students per class



Level 2-Ducks: A class designed to give students fundamental stroke and self-propulsion skills. The students will learn unsupported front/back glide, front crawl coordination with breathing, begin back crawl arm action and an orientation to deep water. (45-minute lessons) Limit 8 students per class.



Level 3-Fish: This class will build upon the skills learned in Level II. The student will learn to coordinate front and back crawl, be introduced to elementary backstroke, treading, retrieving objects, and diving. (45-minute lessons) Limit 8 students per class