



# STINGRAY SWIM PROGRAMS



## Li'l Ray

(3 years and up)

### 2023 Saturday Registration Form

Parent Name: \_\_\_\_\_ VIGCC member number: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of Parent attending class: \_\_\_\_\_

Swimmer: \_\_\_\_\_ Age \_\_\_\_\_ Swimmer: \_\_\_\_\_ Age \_\_\_\_\_

Your payment secures an instructor for the session. Payment must accompany registration to be enrolled. All classes registered for are final payment, no refunds. Payment can be made with credit card via phone to the VIGCC. 206-463-9410 ext. 1, vgscmembership@gmail.com, or mailed to: 24615 75<sup>th</sup> Ave SW Vashon, WA 98070

Lessons are ½ hour in length. Missed classes are not reimbursed. 4 Saturday lessons each month. \$55/month for members - \$60/month for non-members. Circle the month(s) that you are participating in:

January February March April (No class 4/8) May June

Circle your preferred time(s). Times will be assigned based on level with preferred time taken into consideration.

9:30 10:00 10:30 12:00 12:30

**Level 1: Star Fish Must be 3 years and above. Class size of 4 – 5 students.**

This class is designed to ease toddlers (ages 3 and up) into the water environment and prepare them for future independent swimming lessons. Instructor is in the water. Lessons are in the shallow end.

**Level 2: Minnows 4 years and above. Class size of 4 – 5 students.**

Kids are comfortable in water but cannot swim independently without an adult present at their side. They must be able to go underwater and float on their stomach and back with some assistance. Classes are taught in the shallow end of the pool. Instructor is in the water.

**Level 3: Otters 4 years and above. Class size of 4 – 5 students**

Children must be able to do an over the water arm stroke independently and float on their back. They are taught side breathing, crawl stroke, elementary backstroke and beginning diving. Lessons are taught in the deep water, swimming widths of the pool. Instructor is both in and out of the water.

**Level 4: Salmon 4 years and above. Class size of 4 – 5 students**

Children must be able to swim the length of the pool using crawl stroke and side breathing. All strokes and some diving will be taught and refined. Lessons are taught using the length of the pool. Instructor is typically out of the water.

**Level 5: Orcas – Jr Lifesaving Must be 8 years and above. Class size of 4 – 5 students**

Children must be comfortable in deep water and able to swim the length of the pool using crawl stroke and breaststroke. Additional strokes and lifesaving techniques will be taught and refined. Lessons are taught using the length of the pool. Instructor is out of the water.

Vashon Island Golf and Country Club Swim Lesson Waiver: All exercises and use of all facilities shall be undertaken and at your own risk. VIGCC Shall not be liable for any claims, demands, injuries, damages, actions, or causes of action whatsoever to person or property arising out of acts or passive negligence on the part of the VIGCC, its servants, agents, or employees.

PARENT/PARTICIPANT HAS READ THIS CLAUSE AND UNDERSTANDS ITS

TERMS Parent/Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Total Classes circled** \_\_\_\_\_ **Total Paid** \_\_\_\_\_ **Payment method** \_\_\_\_\_