



Stingray Swim Programs

Lil' Ray



Registration Form

Parent Name: _____ Phone: _____

Email: _____ Date: _____

Swimmer 1: _____ Age: _____ DOB: _____
LEVEL

See back for levels

Swimmer 2: _____ Age: _____ DOB: _____
LEVEL

See back for levels

Your payment secures an instructor for the session

Lessons are 1/2 hour in length. Sessions are held over a 4-week period listed below. Must prepay.

Mark one	Days Per Week	Which Days: <i>CIRCLE</i>	Price: <i>MARK</i>	Time based on session times
<input type="checkbox"/>	1 day per week classes (4 total classes)	M T W TH	<input type="checkbox"/> \$55 member <input type="checkbox"/> \$60 non-member	<input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/>	2 days per week classes. (8 total classes)	M T W TH	<input type="checkbox"/> \$70 member <input type="checkbox"/> \$80 non-member	<input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/>	3 days per week classes (12 total classes)	M T W TH	<input type="checkbox"/> \$100 member <input type="checkbox"/> \$120 non-member	<input type="checkbox"/> <input type="checkbox"/>

Prepayment for any additional sessions is encouraged. Must prepay 1 week prior to class to be enrolled.

For office use only

Sessions	Date	Amnt Pd	Session Times change based on session	Pymnt Form	Z to D
Fall 1	Sept 6 – Sept 29		2 / 2:30 / 3:00 - 5:30 and 6:pm		
Fall 2	Oct 3 – Oct 27		2 / 2:30 / 3:00 – 5:30 and 6:pm		
Fall 3	Nov 7 – Dec 1 (adj)				
Winter 1	Dec 5 – Jan 12 (adj brk)				
Winter 2	Jan 16 – Feb 9				
Winter 3	Feb 13 – Mar 16				
Spring 1	Mar 20 – Apr 20				
Spring 2	Apr 24 – May 18				
Spring 3	May 22 – June 15				

Vashon Island Golf and Country Club Aquatic Liability

Welcome to the Vashon Island Golf and Country Club's Stingrays Swim Team programs! This includes the Competitive Team, Stroke School, Li'l Rays and Saturday lessons. We are looking forward to this opportunity to be a part of a positive experience and greatly appreciate you choosing our programs. We take pride in the level of experience our staff has to offer and hope that you will benefit and enjoy our efforts.

Below is a list of our guidelines that will help ensure a smooth and fair experience.

1. Children must be approximately 4 years or older to participate in group lessons.
2. A parent or guardian must be available during the lessons.
3. Proper swim apparel must be worn, ie: diapers, hair ties, cap, suit. (no land clothing)
4. There may not be swimming lessons on vacation or during pool closure times. Lessons will be prorated, or schedules pre-set or adjusted around these times.
5. Swim lesson money is non-refundable. Class credits may be given if you notify us before the monthly session starts, of any medical reason that keeps you (your child) from the upcoming lessons(s).
6. Adult and private lessons are to be arranged through the Aquatic Director.
7. This is part of the Stingray Swim Team and photos may be taken and used for websites/bulletin boards and local advertising.

Permission to use photos

Do not give permission to use photos

Swimmer's Name _____

Parent/Guardian's Name _____

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 and agrees to its terms.

Parent/Participant Signature: _____

Level Descriptions

Level 1: Child will not put face in water. Needs to be held & does not swim without assistance.

Level 2: Child puts face in water. Can move arms and legs in swim motion. Comfortable in water floating on face or back with minimal assistance.

Level 3: Child is swimming 3 to 5 body lengths crawl stroke with side breathing, back stroke, breaststroke. Can jump in and recover to side and can swim underwater to 4-foot depth.

Level 4: Child swims all major strokes. Can swim 25 yards. This level is also the beginning level of Stroke School and can enter the Stingrays Swim Team as an option with the coach's approval.