



**SOUTH SUTTER RECREATION ASSOCIATION, INC.**  
 Pool location: 2408 Palm St. Nicolaus, CA 95659

## Group Swim Lesson Registration Form \$65 per child

This form must  
 accompany  
 venmo or check  
 payment

A separate application for each child is required.

Please note: All of the information requested on both pages 1 & 2 must be completed in their entirety and a signature is required.  
 If you are uncertain of your child's level, or if they need to be moved up or back a level, we will do an evaluation the first two days.

**Name of Child:**

First \_\_\_\_\_ Last \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Home Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

**Parent/Guardian:**

First \_\_\_\_\_ Last \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Additional Emergency Contact:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Please circle one of the categories listed that best describes the swimming ability of the child:

**Beginner      Intermediate      Advanced**

Has the child had previous swim lessons here or at another pool? Y / N

Does the child have a fear of water? Y / N

Please share any special needs or information that would be beneficial for us to know about the child:

---



---



---

**Important Swim Lesson Information:**

Each session consists of 8 classes of 25 minutes divided into 2 weeks for weekday sessions (Tuesday - Friday or Mon, Wed, Thur, Fri), with exception to July 4th.

Applications will be accepted up until the day before the session is to begin at the SSRA Pool office on a first come first serve basis until each session is full. From there, each session will be split into instructor groups based on age, skill level, and comfort level. No registrations will be accepted the day of or after the desired session has started.

Please arrive at the pool no more than 10 minutes prior to the lesson and ready to swim. Goggles are not required but encouraged. Because lessons are performance based, if it is determined that your child is not prepared for a group lesson, we reserve the right to suggest alternatives.

**Payment and Attendance.** *Class fees must be paid in full prior to the first lesson.* They are non-refundable and non-transferable. Clients are expected to attend all scheduled class sessions. Due to course content, class schedules and participation numbers, you may only attend the class in which you are enrolled. No make-ups are allowed in other classes. Requests for pro-rating fees must be authorized prior to the first scheduled class and are at the discretion of SSRA Management. These are scheduled class sessions, if your child misses any classes during the session, you will not be refunded by the missed class. **If you are paying with Venmo, please make sure you email or mail in your registration form within 24 hours of making payment so we can assure receipt of payment with registration.**

# Group Swim Lesson Registration Form

This form must accompany venmo or check payment

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

**Please circle your session and class**

<p><b>Session #1 - Chas Dilday, Instructor</b>  <b>Morning Session June 11-21</b>                  (Registration deadline June 8th)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Level 3 + 4</td><td style="text-align: right;">9:00am</td></tr> <tr><td>Level 2</td><td style="text-align: right;">9:30am</td></tr> <tr><td>Level 1</td><td style="text-align: right;">10:00am</td></tr> <tr><td>Level 1</td><td style="text-align: right;">10:30am</td></tr> <tr><td>Tiny Tot II</td><td style="text-align: right;">11:00am</td></tr> <tr><td>Tiny Tot I</td><td style="text-align: right;">11:30am</td></tr> <tr><td>Parent &amp; Tot</td><td style="text-align: right;">12:00am</td></tr> </table> <p><b>**Classes are Tuesday - Friday</b>                  All classes are 25 minutes</p>	Level 3 + 4	9:00am	Level 2	9:30am	Level 1	10:00am	Level 1	10:30am	Tiny Tot II	11:00am	Tiny Tot I	11:30am	Parent & Tot	12:00am	<p><b>Session #2 - Kimberly Lombard, Instructor</b>  <b>Evening Session June 24-July 5</b>                  (Registration deadline June 20th)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Parent &amp; Tot</td><td style="text-align: right;">5:00pm</td></tr> <tr><td><del>Tiny Tot I</del></td><td style="text-align: right;"><del>5:30pm</del> <b>FULL</b></td></tr> <tr><td><del>Level 1</del></td><td style="text-align: right;"><del>6:00pm</del> <b>FULL</b></td></tr> <tr><td>Level 1</td><td style="text-align: right;">6:30pm</td></tr> <tr><td><del>Level 2</del></td><td style="text-align: right;"><del>7:00pm</del> <b>FULL</b></td></tr> <tr><td>Level 3</td><td style="text-align: right;">7:30pm</td></tr> </table> <p><b>**Classes are Mon, Wed, Thur, Friday</b>                  There will be no class on July 4th.</p>	Parent & Tot	5:00pm	<del>Tiny Tot I</del>	<del>5:30pm</del> <b>FULL</b>	<del>Level 1</del>	<del>6:00pm</del> <b>FULL</b>	Level 1	6:30pm	<del>Level 2</del>	<del>7:00pm</del> <b>FULL</b>	Level 3	7:30pm	<p><b>Session #3 - Kimberly Lombard, Instructor</b>  <b>Evening Session July 22-Aug. 2</b>                  (Registration deadline July 18th)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Parent &amp; Tot</td><td style="text-align: right;">5:00pm</td></tr> <tr><td>Tiny Tot II</td><td style="text-align: right;">5:30pm</td></tr> <tr><td>Level 1</td><td style="text-align: right;">6:00pm</td></tr> <tr><td>Level 1</td><td style="text-align: right;">6:30pm</td></tr> <tr><td>Level 2</td><td style="text-align: right;">7:00pm</td></tr> <tr><td>Level 3</td><td style="text-align: right;">7:30pm</td></tr> </table> <p><b>**Classes are Mon, Wed, Thur, Friday</b>                  All classes are 25 minutes, starting promptly on time</p>	Parent & Tot	5:00pm	Tiny Tot II	5:30pm	Level 1	6:00pm	Level 1	6:30pm	Level 2	7:00pm	Level 3	7:30pm
Level 3 + 4	9:00am																																							
Level 2	9:30am																																							
Level 1	10:00am																																							
Level 1	10:30am																																							
Tiny Tot II	11:00am																																							
Tiny Tot I	11:30am																																							
Parent & Tot	12:00am																																							
Parent & Tot	5:00pm																																							
<del>Tiny Tot I</del>	<del>5:30pm</del> <b>FULL</b>																																							
<del>Level 1</del>	<del>6:00pm</del> <b>FULL</b>																																							
Level 1	6:30pm																																							
<del>Level 2</del>	<del>7:00pm</del> <b>FULL</b>																																							
Level 3	7:30pm																																							
Parent & Tot	5:00pm																																							
Tiny Tot II	5:30pm																																							
Level 1	6:00pm																																							
Level 1	6:30pm																																							
Level 2	7:00pm																																							
Level 3	7:30pm																																							

**Desired Level**

Parent & Tot – *Ages 6 months – 3 years. Must be w/guardian*–Enter and exit water safely, water adjustment, explore submerging of mouth, nose and eyes, explore supported floats on front and back, supported combined stroke on front and back, wearing a lifejacket

Tiny Tot I – *Ages 4-5*–Supported float and glide on front and back, alternating arm and leg action skills, fully submerge face for 3 seconds, enter and exit the pool, walk 5 yards in chest deep water

Tiny Tot II – *Ages 4-5 (Instructors approval required)*–Hold breath and fully submerge head 3 seconds, unsupported floating and kicking on front and back 5 seconds, rhythmic breathing 10 times, combined stroke on front and back 5 yards, step from side into chest deep water, submerge and retrieve an object in chest deep water

Level 1 – *Ages 4+* *Introduction to Waterskills*–Supported float and glide on front and back, alternating arm and leg action skills, fully submerge face for 3 seconds, enter and exit the pool, walk 5 yards in chest deep water

Level 2 – *Ages 6+* *Fundamental Aquatic Skills*–Hold breath and fully submerge head 3 seconds, unsupported floating and kicking on front and back 5 seconds, rhythmic breathing 10 times, combined stroke on front and back 5 yards, step from side into chest deep water then float or tread for 15 seconds

Level 3 – *Ages 6+* *Stroke Development* –Jumping into deep water, diving from seated or kneeling position, treading water for 1 minute, front crawl and back, crawl 25 yards, rotary breathing, elementary backstroke 25 yards

Level 4 – *Ages 8+* *Stroke Improvement*–Dives from compact and stride positions, breaststroke 15 yards, front and back crawl stroke 25 yards, tread water 2 minutes, elementary backstroke 25 yards, swim underwater 3-5 body lengths

**Cost: \$65.00 per child/per session. Payment Method:**  Venmo  Check

**Email or Mail Form and check to:**

Cindy Gander c/o SSRA  
 3098 Garden Hwy, Nicolaus, CA 95659  
 Email: southsutterrecreation@gmail.com.

**Questions?** Payment questions? Call Cindy Gander at 530-218-5232  
 Swim level questions? Call Chas Dilday at 530-329-3606 or Kimberly Lombard at 916-661-2699



**venmo**  
@SSRAPool

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Official Use Only</b>			
Check total: _____	Check Number: _____	Cash Total: _____	Venmo: _____