

**BELWOOD CABANA CLUB
LOS GATOS
SWIM LESSONS
SUMMER 2007**

Belwood Cabana Club is offering swim lessons this summer. We offer quality classes from skilled, certified instructors. Class sizes are small to ensure all students are given ample attention. We offer two-week sessions, Monday thru Friday, throughout the summer. Private lessons are offered upon request.

- Session 1: June 18– June 29**
- Session 2: July 2 – July 13 (no class on July 4)**
- Session 3: July 16– July 27**
- Session 4: July 30 – August 10**

Times: 10:30 am – 12:30 pm

Session Fees:

- 1st, 3rd, and 4th Sessions- 10 days (half hour lessons): \$120.00**
- 2nd Session- 9 days (half hour lessons): \$108.00**

PRIVATE LESSONS: \$35.00/per half hour lesson.

Please see the back of this form for class descriptions. If you have questions, please call 358-2229. You may register by returning this form with your check to:

**Belwood HOA
P.O. Box 1372, Los Gatos CA 95031**

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Swim Lesson Registration Form

Parent Name			
Address		City	Zip
Phone	Amount Enclosed		
Student(s) Name	Age	Session#	Class (see back)

Class Descriptions

Polliwog (I) This class is perfect for beginners. Polliwogs will be taught blowing bubbles, bobbing, floating, kicking, and arm strokes as well as basic water safety skills. The goal of this class is for the child to be able to jump off the side of the pool and swim 10 feet unassisted as well as float both prone and on the back by the end of the session.

Seahorse (II) This class concentrates on expanding the swimmers' knowledge of both basic stroke and water safety. The crawl stroke with rhythmic side breathing, elementary backstroke, and basic dives will be introduced. Prerequisite: Swim 10 feet unassisted, jump into the pool from the side, prone and back float.

Frog(III) This class concentrates on improving the students crawl stroke, back stroke, and diving skills. Breaststroke will also be introduced. Improving strength and endurance as well as water safety knowledge will be part of this class. Prerequisite: Jump into deep water, level off, and swim 20 yards.

Otter (IV) The Otter class further concentrates on improving the swimmers' knowledge of the crawl stroke, backstroke, and breaststroke. Diving and water safety skills will also be emphasized. Prerequisite: Dive into deep water, level off, and swim 25 yards.

Seal (V) This class is for the serious swimmer who wants to perfect his/her strokes and improve endurance. Emphasis is placed on the coordination of whole strokes, allowing the swimmer to swim with ease and for greater distance. Racing dives and the butterfly stroke will be introduced. Prerequisite: Knowledge of breaststroke, backstroke, and ability to swim freestyle for more than 25 yards; as well as ability to dive into deep water.

Dolphin (VI) In this class we tailor the instruction to the needs of the swimmer. Racing starts, flip turns, and perfection of racing strokes are emphasized as well as water safety. Prerequisite: Ability to swim 50 yards continuously of freestyle, backstroke, and breaststroke; as well as ability to dive into deep water.