

Sheridan Beach Swim Lesson Registration Form

Mail Session 1 registration form and payment to:
Jessica McFarlane
Sheridan Beach Swim Lessons
16136 Bothell Way NE
Lake Forest Park WA 98155

For Sessions 2-5, please register in the Pool Office

Make checks payable to Sheridan Beach Pool
Pool Member: \$30/session. Session 5 is 1-week only and is \$15 for members
Non-Member: \$50/session. Session 5 is 1-week only and is \$25 for non-members

Child's Name: _____ Child's Age: _____

Parent/Guardian Name: _____ Phone Number: _____

Sheridan Beach Pool Member? Yes No

Sessions (circle all applicable): Session 1 Session 2 Session 3 Session 4 Session 5

Preferred Time (circle one): 11:00 - 11:30 11:30 - 12:00 12:00 - 12:30

Preferred Class (circle one): Parent-Tot Floater Adv Floater Beginner Adv Beginner Intermediate

Please call Kayleen Hooley or Michele Johnson 206-364-0920 with any questions.

Class Descriptions

Parent-Tot

This is a class for children ages 6 months to 3 years. A parent or guardian will accompany the child in the water and receive tips from the instructor on water adjustment. This class is designed to create a non-threatening learning environment for young children where parents can learn techniques to better acclimate their child to the water and to group lessons. Instructors employ games, toys and songs that focus on water adjustment.

Floater

Floaters are 2-5 years old and are not comfortable with their faces in the water. They have difficulty pushing off the wall. The aim of this class is to accustom children to the water, to blowing bubbles underwater, pushing off the wall or stairs, and propelling themselves through the water for a short time. Instructors employ bubble blowing, kicking, breath control exercises and other games to achieve these goals.

Advanced Floater

Advanced floaters must be comfortable with their faces in the water. They can float or push off the wall and are somewhat adept at flutter kick. The objective of this class is for swimmers to use an effective crawl stroke and to be comfortable kicking or floating on their back. Instructors often use kickboards to increase the swimmer's confidence in the water.

Beginner

The beginner can kick fifteen feet without a kickboard, knows basic crawl stroke enough to be able to or almost able to swim the width of the pool by course completion. The student is comfortable kicking or floating on their back. The objective of this class is to learn effective breathing to the side in crawl stroke, and to make an introduction to backstroke and diving.

Advanced Beginner

This swimmer has mastered breathing to the side in freestyle (crawl stroke) and can swim an entire length freestyle with little or no assistance by course completion. This swimmer is comfortable swimming backstroke. The objective of this class is to learn the fundamentals of all four strokes and more refinement of diving skills.

Intermediate

This student is proficient at freestyle and breathing to the side. These swimmers work on perfecting other strokes, competitive techniques (flip turns and racing dives) and mastering butterfly. Swimming underwater as a safety skill will be taught along with survival floating.

Stroke Class

This class consists of competitive swimmers who have mastered the fundamentals of swimming, but wish to work on honing the details of their strokes. Coaches work on small but important details such as hydrodynamics, hand and head position, rotation of shoulders and torso, and starts and turns. Open to swim team members only.