

## Course Offerings By Session

A session consists of eight 35 minute classes. Classes are conducted Monday through Thursday for two consecutive weeks. Fridays may be used to make up for time lost due to inclement weather.

### Swim Levels

#### Preschool: Ages 3 years to 5 years old

Basic skills such as entering & exiting water, blowing bubbles, submerging, floating, gliding, treading water, bobbing under water, and changing directions.

#### Swimming Level 1: Ages 6 years old and older

Students begin to move independently in the water. Basic skills are taught including floating, gliding, treading water, and bobbing.

#### Swimming Level 2: Ages 6 years old and older

Must be able to swim 15 feet. Builds on skills taught in Level 1. Front crawl and backstroke are introduced at this level.

#### Swimming Level 3-4: Ages 6 years and older Available Sessions II, III, and IV

Level 2 skills are developed and refined. This class introduces the dolphin kick, elementary backstroke, side stroke, butterfly, breaststroke, head first entries, surface dives and underwater swimming.

Session I June 3-13	Preschool	Level 1	Level 2	Level 3-4
9:00 AM	X	X		
9:45 AM	X		X	
10:30 AM	X	X		
5:00 PM	X	X		
5:40 PM	X	X		

Session II June 17-27	Preschool	Level 1	Level 2	Level 3-4
9:00 AM			X	X
9:45 AM	X	X		
10:30 AM	X	X		
5:00 PM		X	X	
5:40 PM	X	X		

Session III July 8-18	Preschool	Level 1	Level 2	Level 3-4
9:00 AM		X		X
9:45 AM	X		X	
10:30 AM	X	X		
5:00 PM	X	X		
5:40 PM		X	X	

Session IV July 22-August 1	Preschool	Level 1	Level 2	Level 3-4
9:00 AM		X	X	
9:45 AM	X		X	
10:30 AM	X	X		
5:00 PM	X			X
5:40 PM		X	X	

## Aquatics/Swim Lessons Summer 2019

Session  I  II  III  IV

Level  Preschool  Level 2  
 Level 1  Level 3-4

Time (must correspond with Session & Level on left)

9:00 AM  5:00 PM

9:45 AM  5:40 PM

10:30 AM

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Participant \_\_\_\_\_

SPAR Member (or has taken lessons at SPAR)

Address \_\_\_\_\_

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

Text ?  Yes  No

E-Mail \_\_\_\_\_

Male  Female DOB \_\_\_/\_\_\_/\_\_\_

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Payer Information (if different than participant)

Name \_\_\_\_\_

SPAR Member (or has paid for programs at SPAR)

Address \_\_\_\_\_

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

Text ?  Yes  No

E-Mail \_\_\_\_\_

Male  Female DOB \_\_\_/\_\_\_/\_\_\_

===== OFFICE USE ONLY =====

Date \_\_\_\_\_ Amount Paid \_\_\_\_\_

Form of Pay  Cash  Check  Card

Receipt # \_\_\_\_\_ Initials \_\_\_\_\_

## Health & Liability

Please Print

Participant's Name

[ ] Male [ ] Female DOB \_\_\_/\_\_\_/\_\_\_

Medical Conditions / Medications

Emergency Contact

Name Relationship

Home Phone Cell Phone

### Liability Release Waiver

I do hereby certify that all information on this form is correct and that Sulphur Parks and Recreation (SPAR) and its paid and volunteer workers will not be held responsible for any injury to the participant while participating in any of the recreation program and/or activities at any SPAR facilities and/or during transportation to & from said facilities. Participants are responsible for arranging their own transportation to & from all activities and assume all liabilities related to said transportation. I further understand that SPAR does not provide health and liability insurance coverage for accidents or injuries that occur as a result of participation in or use of SPAR facilities. I fully understand that there are serious risks from participating in recreation and/or other physical activities. All persons participating in SPAR sponsored activities and/or using SPAR properties/facilities agree to conduct themselves according to SPAR standards for behavior and abide by any and all disciplinary actions imposed by SPAR. This release is valid for all SPAR sponsored programs and activities until revoked in writing. The registering party verifies that the participant health and fitness is now and at all future time periods will be acceptable to participate in SPAR programs and/or activities. I understand SPAR requests that all participants consult their physician before becoming physically active.

Parent/Guardian's signature, if participant under 18 years.

Signature

Date

## General Information

Registrations will be accepted **only at SPAR Aquatic Center** (933 W. Parish Road, Sulphur) beginning Monday, May 13. Registrations must be made in person and payment must accompany the registration form. Cash, Credit Card, Debit Card, or Local Check.

**Space is limited and classes will be filled on a first come, first served basis.**

**Cost:** \$45 per session. Families that enroll more than one child in a session will receive a \$5 discount for each additional child, so long as all of the children are registered at the same time.

**Class Size:** A minimum of three (3) students must sign-up for a class to be conducted. A maximum of five (5) students will be assigned to each class.

**Safety Topics:** Age/skill appropriate safety instruction will be incorporated into every session.



### Contact Information

Sulphur Parks and Recreation  
337-527-2500

Center Circle Pool (CCP)  
337-527-2506

Allan Andersen, Aquatic Supervisor  
337-513-8213

[www.sulphurparks.com](http://www.sulphurparks.com)

Sulphur Parks and Recreation

# Swimming Lessons

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# Summer 2019

Center Circle Pool  
80 Center Circle  
Sulphur, LA 70663

