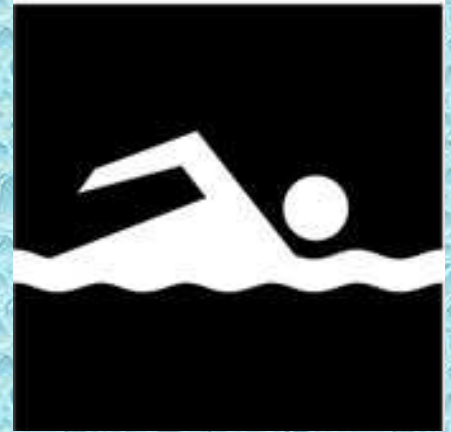


Swim Lessons 2009



Mesquite Parks and Recreation



Guppy Skills - Age 4/5

- Entering and exiting the water safely
- Exploring the Pool
- Begin to float on the front with support
- Begin to float on the back with support
- Blowing bubbles

Minnow Skills - Level 1

- Submerging entire head under water
- Learning to kick with flotation device
- Jumping into the pool from the side

Seahorse Skills - Level 2

- Submerge mouth, nose, and eyes
- Exhale under water (bubbles)
- Jumping from the side of the pool
- Float on the front and back
- Begin arm and leg movements for the front crawl
- Open eyes underwater, submerge to pick up object
- Perform rhythmic breathing

Otter Skills - Level 3

- Tread Water
- Glide on front and back
- Roll from front to back, back to front
- Front crawl, stroke refinement
- Begin arm and leg movements for the back crawl
- Back crawl, stroke refinement

Dolphin Skills - Level 4

- Refine front and back crawl
- Swim underwater
- Learn the butterfly kick and body motion
- Coordinate butterfly
- Learn and swim the breaststroke
- Learn and swim the elementary backstroke
- Swim on side using scissors kick

Sting Ray Skills - Level 5

- Refine the breaststroke
- Refine the butterfly
- Refine the elementary backstroke
- Refine the sidestroke
- Tread water using two different kicks and sculling arms
- Front and back flip turns

Participants Name _____

Male or Female (circle)

Address _____ City _____ State _____ Zip _____

School _____ Grade _____ DOB _____ Age _____

Parents Name _____ Telephone _____ Work Phone _____

Previous Lessons Yes No How Long Ago? _____ Level Completed _____

Personal Release Statement : I understand that the activities and services may have an element of hazards or inherent danger. I take full responsibility for any child's action and physical condition. I agree to indemnify and hold the City of Mesquite, its employees and the recreation program sponsors HARMLESS from any liability, loss, cost or expense (including attorney fees, medical and ambulance costs) that might incur while participating in Parks and Recreation open space activities. **The City of Mesquite exercises a NO REFUND policy for swim lessons. A recreation account credit will be issued in lieu of refunds for any reasons other than the cancellation of the program by the Recreation Department.**

Guardian Signature _____

For Office Use Only Amount Paid _____ Cash _____ Credit _____ Check no. _____



Weekends

Vanston

Saturdays

- 8:00am **Dolphin**
- 8:00am **Otter**
- 9:00am **Minnow**
- 9:00am **Seahorse**
- 10:00am **Minnow**
- 10:00am **Parent - Tot**
- 10:30am **Parent - Tot**
- 11:00am **Parent - Tot**
- 11:00am **Guppy**

Mornings

Vanston

2913 Oates • 972-270-2687

Monday—Thursday

Session 1 2 3 4

- 8:00am **Dolphin**
- 8:00am **Sting Ray**
- 8:00am **Shark**
- 9:00am **Minnow**
- 10:00am **Minnow**
- 9:00am **Seahorse**
- 10:00am **Seahorse**
- 9:00am **Otter**
- 10:00am **Otter**
- 11:00am **Guppy**
- 11:30am **Guppy**
- 11:00am **Parent - Tot**
- 11:30am **Parent - Tot**

Evenings

Town East

2525 John Glenn • 972-270-2683

Monday—Thursday

Session 1 2 3 4

- 6:00pm **Guppy**
- 6:00pm **Parent-Tot**
- 7:30pm **Minnow**
- 7:30pm **Seahorse**
- 7:30pm **Otter**
- 8:30pm **Dolphin**
- 8:30pm **Sting Ray**
- 8:30pm **Shark**

Session 1: June 8 – June 19
 Session 2: June 22 – July 3
 Session 3: July 6 – July 17
 Session 4: July 20 – July 31
 Saturday: June 6 – August 1

There is a maximum of 8 students per class. Students will be grouped by their skill level for individual classes. Students of similar skill level may be combined with the instructor's approval to fill a class.

Each Class is \$50

Registration available online at www.cityofmesquite.com or at the Parks and Recreation Administration Office located at 1515 N. Galloway starting May 18.

For more information please call 972-216-6260

