



SWIM LESSONS

Bear River Swimming Association

530-268-1209

Email: [BearRiverSwim@gmail.com](mailto: BearRiverSwim@gmail.com)

Website: [BearRiverSwimming.org](http:// BearRiverSwimming.org)



The Bear River Swimming Program is designed for safety and enjoyment in the water. The program utilizes small class size and active individual attention by trained instructors. Classes are supervised by USA Swimming certified coaches.

AGES: 4 & UP - (private lessons may be arranged for younger swimmers)

CLASS SIZE: 3 Swimmers to 1 Instructor

IMPORTANT INFORMATION

- Levels will be offered based on availability of instructors.
- Swimmers must wear a ONE-PIECE bathing suit.
- Rain we swim - Lightning we don't.!
- **No Refunds. No Make-ups!**

SESSION DATES & START TIMES *All classes are 30 minutes : Monday thru Thursday unless noted

	Dates	AM Class Times	PM Class Times	Cost
Session I:	May 3 - May 12	—/—/—	—/—/6:00/6:30	\$56 No lessons May 13
Session II:	May 17 - May 27	—/—/—	—/—/6:00/6:30	\$64
Session III:	June 1 - June 10	—/—/—	—/—/6:00/6:30	\$56 No lessons May 31
Session IV:	June 14 - 24	10:00/10:30/11:00	5:00/5:30/6:00/—	\$64
Session V:	June 28 - July 8	10:00/10:30/11:00	5:00/5:30/6:00/—	\$64
Session VI:	July 12 - July 21	10:00/10:30/11:00	5:00/5:30/6:00/—	\$56 No lessons July 22
Session VII:	July 26 - 29	—/10:30/11:00	5:00/5:30/6:00/—	\$32 (1 week only)

REGISTRATION

Completely fill out the 2010 Registration form for each participant. You may register for multiple sessions.

Make checks payable to: **BRSA.**

No Refunds - we schedule instructors based on sign-ups

No make-ups!

Send Registration and Payment to:

Bear River Swimming Association

*Please do **NOT** take or send to Bear River Rec. and Parks Office.*

10556 Combie Road PMB 6470

Auburn, CA 95602

Level Descriptions

Level I - Minnows

- Introduction to water skills
- Front and back float with assistance
- Submerge face to pick-up objects

Level II - Guppies

- Front and back float without assistance
- Glide on front and back
- Rhythmic breathing
- Roll over from front to back & back to front
- Bob with head fully submerged
- Kick on front and back

Level III - Otters

- Jump in from side
- Begin to add arms on front and back
- Treading water
- Introduce side breathing

Level IV - Piranhas

- Dive from a sitting or kneeling position
- Side breathing
- Treading water

Level V - Dolphins

- Beginning Competitive Group
- Improve free and back strokes
- Introduce breast and butterfly
- Starts



**BEAR RIVER SWIMMING
2010 SWIM LESSONS
REGISTRATION**



Swimmer's Full Name: _____ Date of Birth: ____/____/____

Session #: _____ Time: _____ Anticipated Level: _____

Session #: _____ Time: _____ Anticipated Level: _____

Session #: _____ Time: _____ Anticipated Level: _____

Session #: _____ Time: _____ Anticipated Level: _____

Parent's Name(s) _____ Email: _____

Address _____ City/Zip _____

Home Phone # _____ Work or Cell # _____

Insurance Carrier _____ I.D./Group # _____

Medical Information Bear River Swimming should be aware of (use additional paper if necessary):

**BEAR RIVER SWIMMING ASSOCIATION SWIM LESSONS
WAIVER/RELEASE OF LIABILITY**

I, _____, the enrolled participant and/or parent/guardian of the participant agree and understand that swimming is a HAZARDOUS activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death.

The participant hereby agrees to participate in the Bear River Swimming Association's Swim Lesson Program and hereby agrees to indemnify and hold harmless the Bear River Swimming Association, Inc., its coaches, officers, directors, agents and employees against any liability resulting from any injury that may occur to the participant while participating in the Bear River Swimming Association's Swim Lesson Program. The participant also agrees to indemnify the Bear River Swimming Association, Inc. for any damages incurred arising from any claims, demand, action or cause of action by the participant.

The participant authorizes any representative of Bear River Swimming Association, Inc. to have the participant treated in any medical emergency during their participation in the Bear River Swimming Association's Swim Lesson Program. Further, the participant and/or parent/guardian agrees to pay all costs associated with medical care and transportation for the participant.

I have noted on this form any medical/health problems of which the staff should be aware.

I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Parent / Guardian Signature *Relationship to Swimmer* *Date*

I give my permission to Bear River Swimming Association to photograph me or said minor or otherwise use my likeness of that of said minor for use in Bear River Swimming Association's publicity materials and publications including website, and I will not seek compensation of any type or amount for such use.

Parent / Guardian Signature *Relationship to Swimmer* *Date*