

# REGISTRATION FORM:

Child's Name: \_\_\_\_\_

Level: \_\_\_\_\_

\*Pre-Screening Available For Levels

Age: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Medical issues: \_\_\_\_\_

\_\_\_\_ I give permission for my child's picture to be taken and placed on westwoodswimclub.com or in any future Westwood brochures.

\_\_\_\_ I do not give permission for my child's picture to be taken and placed on westwoodswimclub.com or in any future Westwood brochures.

Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

WESTWOOD SWIM CLUB  
PO BOX 738  
MOUNT HOLLY, NJ 08060



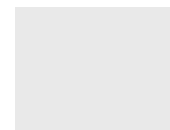
1007 Woodlane Road, Eastampton (609) 267-8850

## WESTWOOD SWIM PROGRAM FOR AGES: 3 & UP



**AMERICAN RED CROSS  
SAFETY INSTRUCTOR & LIFEGUARD:  
VIOLET ORTEGA**

**609-257-8176  
VRORTEGA@AOL.COM**





# WESTWOOD SWIM LESSONS

## Class Description

This American Red Cross Swim Program will be divided into four skill levels. The first and second levels, if needed, will use added flotation support which will give our newest swimmers the ability to confidently learn the strokes. Each level will include appropriate water safety skills to ensure your child's safety in any water environment. As your child progresses through the different levels, our goal is to have them improve their stroke mechanics and let their confidence grow while having fun in the process.

## Cost

\$75 for Westwood Members  
\$115 for Non-Westwood Members

## Summer Schedule

Level	Day	Time
1	Monday/ Tuesday	12:30 - 1:10
1	Monday/ Tuesday	5:30 - 6:10
2	Monday/ Tuesday	1:20- 2:00
2	Monday/ Tuesday	6:20 - 7:00
3	Monday/ Tuesday	2:10- 2:50
3	Monday/ Tuesday	7:10 - 7:50
4	Monday/ Tuesday	3:00 - 3:40

**Dates:** June 27- July 25\*  
No class Monday, July 4th

\*There will be no swim lesson make-ups unless lessons are canceled by the instructor.

## Group Level Description

**Level 1:** Level 1 is for new swimmers or swimmers who have very little experience.

**Level 2:** Level 2 is for swimmers who are able to successfully swim on their front for 5 yards, roll to a back float for 3 seconds and return on their back. (This can be performed with support.)

**Level 3:** Level 3 is for swimmers who can push off and swim freestyle for 5 yards, roll to their backs, float on their backs for 15 seconds, and return on their back.

**Level 4:** Level 4 is for swimmers who can swim freestyle and backstroke for 15 yards and also be able to maintain their position by treading water or floating for 30 seconds.