

Swim Lessons Sign Up Form 2023

Sign-ups must be done in person at Shadow Brook Swim Club. Members & Associates may pay via Condo Control or Credit Card. All others may pay via Credit Card.

You must cancel two weeks prior to the lesson start date to receive a full refund

Are you an HOA Member? (circle one): YES NO

Are you an Associate Member? (circle one): YES NO

Parent or Guardian Name: _____

Swimmer Name: _____ Age: _____

Lesson Type (circle one): GROUP PRIVATE BOTH

Date(s) of Lesson: _____ Time(s) of Lesson: _____

Parent or Guardian Phone Number: _____

Parent or Guardian Email: _____

Swimmer Ability Level (circle one): 1 2 3 4 5 6 7

Amount Owed: _____ Amount Paid: _____ Payment Type: _____

GROUP LESSONS:

One Week Sessions
Mon - Fri, 30 Minutes

Lesson Dates:

1st Session - June 12 - 16
2nd Session - June 19 - 23
3rd Session - June 26 - 30
4th Session - July 3 - 7 (80%, no class 4th of July)
5th Session - July 10 - 14
6th Session - July 17 - 21
7th Session - July 24 - 28
8th Session - July 31 - Aug 4

Class Times

12:00 - 12:30
12:30 - 1:00

PRIVATE LESSONS:

One Week Sessions
Mon - Fri, 30 Minutes

Lesson Dates:

1st Session - June 12 - 16
2nd Session - June 19 - 23
3rd Session - June 26 - 30
4th Session - July 3 - 7 (80%, no class 4th of July)
5th Session - July 10 - 14
6th Session - July 17 - 21
7th Session - July 24 - 28
8th Session - July 31 - Aug 4

Class Times

10:30 - 11:00
11:00 - 11:30
11:30 - 12:00

Homeowner Price: \$85.00

Associate / Non-Member Price: \$105.00

Price: \$205.00

Requested Instructor: _____

Instructor requests will be met to the best of our abilities. **Requests are not guaranteed**

Shadow Brook Swim Club, 1079 Shadow Brook Drive, San Jose, CA 95120 (408) 997-3871

Swim Lesson Ability Levels

<p>Level 1: Guppy Shark (Becoming Comfortable in the Water)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rhythmic bobbing <input type="checkbox"/> Basic technique of front float <input type="checkbox"/> Basic technique of back float <p>Exit Skills:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Comfortably put face in water and blow bubbles (5-10 seconds) <input type="checkbox"/> Grab an item off the bottom without goggles <p>Level 2: Puppy Shark (Floating/Gliding/Kicking)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Front float for 10 seconds <input type="checkbox"/> Back float for 10 seconds <input type="checkbox"/> Assisted freestyle kicking with a kickboard <input type="checkbox"/> Pushing off the wall into a glide <p>Exit Skills:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 10-20 rhythmic bobs (No wiping eyes, stopping for breath, etc.) <input type="checkbox"/> Push off wall and streamline glide for 5-10 seconds (without taking a breath) <input type="checkbox"/> Streamline kick across the shallow end (No standing on the bottom or stopping) <p>Level 3: Lemon Shark (Freestyle/Backstroke Basics)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Freestyle arm strokes <input type="checkbox"/> Unassisted freestyle kicking with a kickboard <input type="checkbox"/> Turning around in the water <input type="checkbox"/> Diving from a sitting position <p>Exit Skills:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim the width of the pool (from steps to lane line) without “assistance” <input type="checkbox"/> Jump in and swim to halfway, back float for 10 seconds and then turn around and swim to the wall 	<p>Level 4: Tiger Shark (Freestyle and Backstroke)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Freestyle technique (side breathing, etc.) <input type="checkbox"/> Backstroke <input type="checkbox"/> Diving from kneeling position <p>Exit Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> 25 yards of freestyle <input type="checkbox"/> 25 yards of backstroke <input type="checkbox"/> Swim to mid-pool, tread water for 30 seconds, and swim backstroke back to the wall <p>Level 5: Hammerhead Shark (Freestyle/Backstroke/Breaststroke)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breaststroke technique <input type="checkbox"/> Treading water <input type="checkbox"/> Deep water surface dives for retrieving objects <p>Exit Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim a width of freestyle, backstroke, and breaststroke <input type="checkbox"/> Tread water for 45 seconds <p>Level 6: Whale Shark (Freestyle/Backstroke/Breaststroke/Butterfly)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Butterfly technique + body dolphin <input type="checkbox"/> Underwater swimming <p>Exit Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tread water for 1 minute <input type="checkbox"/> Complete a 100 IM <p>Level 7: Great White Shark (Swim Team Prep)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Proper technique for turns <input type="checkbox"/> Proper technique for race starts off the blocks <input type="checkbox"/> Tweaking all stroke technique
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