MEDICAL CLAIMS RELEASE FORM

I understand there are risks inherent in participating and/or receiving swimming lessons. I also understand that in order to be allowed to participate in swimming lessons, I must give up my rights to hold San Joaquin Delta College liable for injury or damage which my child may suffer while participating in these lessons. In case of an injury, I authorize the staff of Delta College to render first aid and/or obtain whatever medical treatment seems necessary for the welfare of my child listed on this application.

__________________________________________________
Name of Insurance Carrier

__________________________________________________
Policy #

__________________________________________________
Primary Doctor

__________________________________________________
Doctor's Phone Number

__________________________________________________
In case of an emergency call:

__________________________________________________
(name and phone number)

_________________________ __________________________
Print Name of Parent(s) Signature of Parent/Guardian

_________________________
Date

San Joaquin Delta College

Aquatics Program

Presents

DELTA SWIM SCHOOL

Open to Boys and Girls
All Ages

Seven Levels to Choose From

June 14-August 5, 2010
(Four 2-week sessions available)

10:00am-2:00 pm

June Fergusson Pool

Contact (209) 954-5141 for more information
Level 1
Level one is to help students to learn water safety and feel comfortable in the water. Students will learn elementary skill which they can build on as they progress through the various levels including: supported float on front and back, enter and exit water independently, become comfortable in and out of the water, bubble blowing, move through water comfortably, and supported kicking front and back.

Level 2
Level two is to further the fundamental skills in level one. Students will be introduced to unassisted front and back float, freestyle arms, and flutter kick. Students will also be introduced to deep water exploration with support.

Level 3
Level three students will learn freestyle with side breathing technique. They will be introduced to backstroke arms and kicking along with shallow water diving.

Level 4
Level four is a degree of skill that prepares students to perform a full 25-yard lap of freestyle with proper side breathing. Students will learn unassisted backstroke along with the basics in treading water. There will be an introduction to breaststroke and the standing dive.

Level 5
Level five students will learn how to perform a full 25-yard lap in freestyle, backstroke and breaststroke. By the end of this level, the students will be introduced to butterfly stroke and kick along with a streamline for all previous strokes learned.

Level 6
Level six is to refine all four competitive strokes. Students will learn to swim with ease, efficiency, power and smoothness over greater distances. Students will be able to perform freestyle and backstroke for 100 yards, breaststroke for 25 yards and butterfly for 15 yards. They will also learn flipturns for all front strokes.

Level 7
Level seven students will learn advanced competitive racing techniques in all four strokes, turns and dives.

Springboard Diving
Lessons in springboard diving are available upon request.

DELTA SWIM LESSONS
ENROLLMENT FORM

Cost:  $80.00 group lessons (eight 25 minute lessons)
$90.00 private lessons (eight 20 minute one-on-one lessons)

Please select session(s) attending.
- [ ] Session 1 June 14-June 24, 2010
  (Monday through Thursday)
- [ ] Session 2 June 28-July 9, 2010 (*July 4th lessons will be held on July 9th)
  (Tuesday through Friday)
- [ ] Session 3 July 12-July 22, 2010
  (Monday through Thursday)
- [ ] Session 4 July 26-August 5, 2010
  (Monday through Thursday)

Amount Enclosed:____________________

Please make checks payable to: Delta Aquatics
Attn: Mike Maroney
5151 Pacific Avenue
Stockton, CA  95207

All lessons will be held in the June Fergusson pool located on the beautiful Delta College campus.

Enrollment Information: To reserve a space in advance, return this registration/medical claims form to the address listed above. Contact the Aquatics Office at (209) 954-5141 for additional information.

One Form Per Participant – Please Print Clearly

Participant's Name:______________________________________
Address____________________________________________
City/State/Zip________________________________________
School____________________________________________
Birthdate_______________________________ Age__________
Home Phone________________________________________
Parents's Name(s)_______________________________________
Parent's Work/Cell Phone___________________________________