

**CSUB LEARN-TO-SWIM · SWIMMING LESSON APPLICATION**  
(AGES 3-15 YEARS)

**REGISTRATION**

**PERSONAL INFORMATION**

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

Swimmer's Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Work Phone: \_\_\_\_\_

(circle one)      Male      Female      Age: \_\_\_\_\_

Please note any medical conditions we should be aware of:

\_\_\_\_\_

\_\_\_\_\_

**Ability** (check one)

- ☐ **Level 1:** No exposure to water; possibly timid
- ☐ **Level 2:** Ready to learn, "plays" well in water, can float with assistance
- ☐ **Level 3:** Can swim 5 yards freestyle and float on back
- ☐ **Level 4:** Can swim freestyle and backstroke 15 yards
- ☐ **Level 5:** Can swim freestyle and backstroke 25 yards and do another stroke
- ☐ **Level 6:** Knows all 4 competitive strokes but needs more technique

**PARENT RELEASE**

I hereby authorize the staff of the CSUB Learn to Swim to act for me according to their best judgment in any emergency where my child may require medical attention. I hereby release CSUB and its instructors from any injuries incurred by my child while attending lessons.

I have no knowledge of any physical impairment that would interfere with my child's participation in this camp.

\_\_\_\_\_  
Parent/Guardian (PRINT NAME)

\_\_\_\_\_  
Parent/Guardian (SIGNATURE)

\_\_\_\_\_  
Date

**Questions**  
Please call 661-654-2071 or email  
csublearntoswim@gmail.com

**SPRING SESSION:**

- (4-week session, 2 classes/week)
  - Session 1: April 7 – April 31 (M,W)
  - Session 2: April 8 – May 1 (T,TH)
  - Session 5: May 5 – May 28 (M,W)\*
  - Session 6: May 6 – May 29 (T, TH)\*
- (2 week sessions, 4 classes/week)
  - Session 3: April 7 – April 17 (M,T,W,TH)
  - Session 4: April 21 – May 1 (M,T,W,TH)
  - Session 7: May 5 - May 15 (M,T,W,TH)
  - Session 8: May 19 - May 29 (M,T,W,TH) \*

**SUMMER SESSION:**

- (4-week session, 2 classes/week)
  - Session 9: June 2 – June 25 (M, W)
  - Session 10: June 3 – June 26 (T, TH)
  - Session 13: July 7 – July 30 (M, W)
  - Session 14: July 8 – July 31 (T, TH)
- (2 week sessions, 4 classes/week)
  - Session 11: June 2 – June 12 (M,T,W,TH)
  - Session 12: June 16 – June 26 (M,T,W,TH)
  - Session 15: July 7 - July 17 (M,T,W,TH)
  - Session 16: July 21 – July 31 (M,T,W,TH)

**Choice of Time** (circle one)

**AM (Starting in Session 9)**

10:10-10:40

10:45-11:15

11:20-11:50

**PM**

3:45-4:15

4:20-4:50

4:55-5:25

5:30-6:00

6:05-6:35

**\*There will be no class on Memorial Day Monday May 26.  
We will make up the class on the Friday after the holiday,  
Friday May 30.**

**\*\* There will be no class the week of June 30 - July 4.**

**2014**

# LEARN TO SWIM



**EXPERIENCED COLLEGIATE  
INSTRUCTORS**

**SMALL CLASSES**

**PROCEEDS SEND KIDS  
THROUGH COLLEGE**

**APRIL LESSONS & MORNING  
CLASSES**

**CALIFORNIA STATE UNIVERSITY  
BAKERSFIELD**

## **Program Design**

The CSUB Learn-to-Swim program is directed by Chris Hansen, Director of Men and Women's Swimming and Diving at CSUB. Coach Hansen has designed a program that will benefit each child's aquatic needs. His staff brings years of swimming instructional experience to the program.

## **Philosophy of Instruction**

Our philosophy is to use gentle and positive teaching techniques to promote a fun learning experience for all the swimmers. The program teaches skills ranging from basic essentials to competitive skills as well as personal water safety training.

The CSUB LTS program uses goal-oriented, multi-level planning that emphasizes achievement of individual skills, rather than, age as the means of determining advancement through the different skill levels.

## **Instructors**

Our instructors are what make this program special! All of the LTS instructors are college students who have many years of experience teaching swimming.

These instructors have the maturity and background to provide a patient, paced, learning experience that leads to a positive productive environment, especially for the novice level swimmers. In addition, all of our instructors compete at the highest level of competitive swimming giving them the knowledge and experience needed to help those looking for competitive refinement.

## **Lesson Structure**

Each session consists of eight thirty-minute lessons. You may choose to go twice a week (Mon-Wed or Tues-Thurs) for 4 weeks. The second option is to go four times a week (Mon-Thurs) for two weeks. This will allow our students to learn at a pace that is comfortable for them.

## **Make Ups**

If a student is unable to make a class, we schedule one make up class per session. For the four-week sessions, the make up is on the fourth Friday of that session. For the two-week sessions, the make up class is on the second Friday of the session.

## **Learning Environment**

All lessons are held in the instructional pool at CSUB. The heated pool is 3 ½ feet deep with steps which creates a comfortable learning environment.

Our policy is to limit classes to no more than five students per instructor. This smaller instructor-to-swimmer ratio allows for more individual attention.

We invite parents to observe the class from the bleachers to the west of the pool. Occasionally we find the student may progress better if the parent is not visually present. In such instances, we may ask you to observe from a less visible location.

## **Registration and Cost**

To register, please fill out the reverse side of this registration form. The classes fill quickly, so please try to register at least one week prior to the start of the class.

Each eight-lesson session cost \$120.00. This is fully refundable up to 10 days prior to the class. We have such a high demand for our classes that the refund is reduced to \$60 when requested 3-10 day prior to the class, and \$40 for 1-3 days prior to the class. There is no refund the day the class starts.

## **Questions**

For questions, please call 661-654-2071 or email [csublearntoswim@gmail.com](mailto:csublearntoswim@gmail.com)

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**661-654-2071**