



# Stingray Swim Programs

## Lil' Ray

### Registration Form

Parent Name: .

Phone: .

Email: .

Date: .

Swimmer 1: .

Age: .

DOB: .

LEVEL .

See back for levels

Swimmer 2: .

Age: .

DOB: .

LEVEL .

See back for levels

Your payment secures an instructor for the session

Lessons are ½ hour in length. Sessions are held over a 4-week period listed below.

Payments must accompany Registration to be enrolled. All classes must enroll at least 1 week prior to class.

Mark one	Days Per Week	Which Days: <i>CIRCLE</i>	Price: <i>MARK</i>	Day(s) /Time: <i>3:30/4/4:30/5</i>
<input type="checkbox"/>	1 day per week classes (4 total classes)	M T W TH	<input type="checkbox"/> \$65 member <input type="checkbox"/> \$70 non-member	
<input type="checkbox"/>	2 days per week classes. (8 total classes)	M T W TH	<input type="checkbox"/> \$96 member <input type="checkbox"/> \$110 non-member	
<input type="checkbox"/>	3 days per week classes (12 total classes)	M T W TH	<input type="checkbox"/> \$135 member <input type="checkbox"/> \$150 non-member	

For office use only

Sessions	Date	Amnt Pd	Swimmer(s)	Pymnt Form	Emp Init
Sept	Sept 3 - Sept 30				
Oct**	Oct 1 - Oct 24 *make up Mon 3rd				
Nov	Oct 28 - Nov 21				
Dec**	Nov 25 - Dec 19*make up Thurs 26				
Jan	Jan 6 - Jan30				
Feb	Feb 2 - Feb 27				
Mar	Mar 3 - Mar 27				
April	April 7 - May 1				
May	May 5 - May 29				

Dates may be adjusted to accommodate for the dome being removed. \*Make up arranged by swimmer  
Please note if you would like an earlier or later class.

## Vashon Golf and Country Club Aquatic Liability

Welcome to the Vashon Golf and Country Club's Stingrays Swim Team programs! This includes the Competitive Team, Stroke School, Li'l Rays and Saturday lessons. We are looking forward to this opportunity to be a part of a positive experience and greatly appreciate you choosing our programs. We take pride in the level of experience our staff has to offer and hope that you will benefit and enjoy our efforts.

Below is a list of our guidelines that will help ensure a smooth and fair experience.

1. Children must be approximately 4 years or older to participate in group lessons.
2. A parent or guardian must be available during the lessons.
3. Proper swim apparel must be worn, ie: diapers, hair ties, cap, suit. (no land clothing)
4. There may not be swimming lessons on vacation or during pool closure times. Lessons will be prorated, or schedules pre-set around these times.
5. Swim lesson money is non-refundable. Class credits may be given if you notify us before the monthly session starts, of any medical reason that keeps you (your child) from the upcoming lessons(s).
6. Adult lessons are to be arranged through the Aquatic Director.
7. This is part of the Stingray Swim Team and photos may be taken and used for websites/bulletin boards and local advertising.

Permission to use photos

Do not give permission to use photos

Swimmer's Name

.

Parent/Guardian's Name

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### **Vashon Golf and Country Club Swim Lesson Waiver**

All exercises and use of all facilities shall be undertaken and at your own risk. VIGCC Shall not be liable for any claims, demands, injuries, damages, actions, or causes of action whatsoever to person or property arising out of acts or passive negligence on the part of the VIGCC, its servants, agents, or employees.

**Parent /Participant has read this clause and understands and agrees to its terms.**

Parent/Participant Signature: .

#### **Level Descriptions**

Level 1: Child will not put face in water. Needs to be held & does not swim without assistance.

Level 2: Child puts face in water. Can move arms and legs in swim motion. Comfortable in water floating on face or back with minimal assistance.

Level 3: Child is swimming 3 to 5 body lengths, crawl stroke with side breathing, backstroke, breaststroke. Can jump in and recover to the side and can swim underwater to 4-foot depth.

Level 4: Child needs improvement on all strokes. Can swim 20 yards. This level is also the beginning level of Stroke School and can enter the Stingrays Swim Team as an option with the coaches approval.

Stroke School - Child can enroll in the Stingrays Swim Team Stroke School!