

Belwood Swim Lessons 2023

Belwood is excited to be offering swim lessons again this summer! Belwood offers a wide range of classes to meet all swimmers' needs. We offer both private and group lessons. Each session Monday- Friday for 30 minutes. Times for lessons are 11:30, 12:00, and 12:30.

- Session 1: June 19- June 30 (2 week Session, M-F)
- Session 2: July 6,7,10,11,12 (1 week Session Thu-Wed)
- Session 3: July 17 - July 28 (2 Week Session, M-F)
- Session 4: July 31 - Aug 4th (1 Week Session, M-F)

Cost per One week Sessions: \$125 for group lesson or \$250 for private lessons
Cost per Two week Sessions: \$250 for group lesson or \$500 for private lessons

Please see the back of this form for lesson descriptions. If you have any questions please email swimlessons@belwoodhomes.org. You can register for swim lessons by returning this form (including Swim Lesson Release form) to the lifeguards or scanning it and emailing it. **Please make checks payable to Belwood Homeowners Association and include with your form or bring in person if you have emailed your form.**

Parent Name: _____

Parent Phone Number: _____

Parent's Email Address: _____

Swimmer's Name	Age	Expected Level	Session
_____	_____	_____	_____

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_____	_____	_____	_____

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Little Dolphins (New) (Level 1) Every Tuesday @ 11:15 (\$10 Drop in)

This class is a Parent and me (9 months - 3 years old). An adult must be in the water with your baby/toddler. Toddlers will be introduced to the water. The goals are comfort in the water, learning basic swimming skills such as arms, kicking, getting in and out the pool safely.

Guppies (level 2)

This is a class for our youngest swimmers ages 3-5 (approx). Children in this class will be taught safety skills around the pool. The goals for this class is for swimmers to be able to: put their face in the water, do an assisted backfloat, assisted and independent swims.

Octopus (Level 3)

This class is for children with basic swimming skills ages 4-6 (approx). The goal for this class is for swimmers to be able to: roll to their back to get a breath and keep swimming. Swimmers will be taught how to kick, use their arms and back float.

Otter (Level 4)

This class is a continuation of skills from level 3. ages 5-7 (approx). Children in this class must be able to swim, roll to their backs to breath and keep swimming (about 10 feet). The goal will be to: to swim the width of the pool rolling to their back multiple times to breathe.

Seals (Level 5)

This class introduces side breathing and backstroke ages 6-9 (approx). Children entering this class must be able to swim the width of the pool. This class will focus on increasing the length a swimmer can swim. Children will also start learning how to dive in this class.

Frog (Level 6)

This class will introduce elementary backstroke with the purpose of learning breaststroke. ages 7-10 (approx). To enter this class a swimmer must demonstrate the ability to swim freestyle (with side breathing) and backstroke the width of the pool.

Dolphin (Level 7)

This class is for swimmers who can swim freestyle, backstroke and breaststroke. Children in the class will learn butterfly. This class is for swimmers who want to improve in the competition aspect of swimming. Swimmers will work on all strokes. They will also work the start, turn and end of their races.

Adult Class (New)(18+) Only Session 1, 7PM (group)

This class is for adults who want to learn how to swim who never got a chance to learn. Swimmers will learn basic swimming skills such as back floating, arm strokes, kicking while holding their breath. The hope is to learn freestyle and feel safe in the water.

**WAIVER/ RELEASE OF LIABILITY
FOR BELWOOD SWIM LESSONS**

I, the Participant or Parent/Guardian, wish/es to participate in Swim Lessons and/or other aquatic programs held at Belwood of Los Gatos Homes Association swimming pool(s) located at 100 Belwood Gateway, Los Gatos, CA, 95032. I am aware that participation in the Activity is potentially hazardous and entails a risk of physical injury, death, or property damage. I understand and agree that I/my child am/is electing to participate at my/his/her own risk. I am not aware of any physical or medical condition that would interfere with my/my child's ability to participate. IN CONSIDERATION OF MYSELF/MY CHILD BEING PERMITTED TO PARTICIPATE IN THE ACTIVITY, I HEREBY RELEASE AND DISCHARGE THE BELWOOD OF LOS GATOS HOMES ASSOCIATION AND ALL OF THEIR EMPLOYEES, VOLUNTEERS, OFFICERS, AND AGENTS ("RELEASEES") FROM ANY AND ALL CLAIMS FOR PERSONAL INJURY, DEATH, OR PROPERTY DAMAGE ARISING FROM OR IN ANY WAY CONNECTED WITH MY/MY CHILD'S PARTICIPATION IN THE ACTIVITY, EXCEPT WHERE THE SAME IS CAUSED BY THE WILLFUL MISCONDUCT OR GROSS NEGLIGENCE OF THE RELEASEES.

BY SIGNING THIS WAIVER, I AFFIRM THAT I HAVE READ AND UNDERSTAND IT AND AGREE WITH ITS CONTENTS.

Printed Name of Participant:

First Name: _____

Last Name: _____

Participant's DOB: _____

Printed Name of Parent/Guardian (if participant is a minor):

First Name: _____

Last Name: _____

Signature

Date
