

## Lesson Sign Up Sheet 2007

|             |            |     | Please write in session(s) #<br>(i.e. session 1, 2, 3 4 or 5) |        |                                    |                |
|-------------|------------|-----|---|--------|------------------------------------|----------------|
| Family name | First name | Age | Synchro   | Diving | Swimming session(s)<br>(2 maximum) | Swimming Level |
|             |            |     |   |        |                                    |                |
|             |            |     |   |        |                                    |                |
|             |            |     |   |        |                                    |                |
|             |            |     |   |        |                                    |                |
|             |            |     |   |        |                                    |                |

## Session dates

|  |   |  |          |  |  |
|--|---|--|----------|--|--|
| Monday to Thursday morning between 8 and 10 :30 AM (lesson time depends on swimming level)   |   |  |          |  |  |
| <b>1</b>   | June 25 <sup>th</sup> - July 5 <sup>th</sup>                    |  | <b>3</b> | July 23 <sup>rd</sup> - August 2 <sup>nd</sup> |  |
| <b>2</b>   | July 9 <sup>th</sup> – 19 <sup>th</sup>                         |  | <b>4</b> | August 6 <sup>th</sup> -16 <sup>th</sup>       |  |
| <div>New! New! New! New! New!</div> Swimming lessons for <b>children and <u>adults</u></b> Monday evenings 6-7pm; once weekly for 8 weeks          |   |  |          |  |  |
| <b>5</b>   | June 25 <sup>th</sup> - August 13 <sup>th</sup> (swimming only) |  |          |  |  |
| Session <b>5</b> is offered only to children who are unable to come during the day. Space is limited: please give a second choice if you have one. |   |  |          |  |  |

**For the following teams and programs, please register at the pool during the week of June 25<sup>th</sup> - 29<sup>th</sup>:**

Synchro, Diving, Swim team, Waterpolo, Leaders (12 yrs and over), Bronze Medallion (13yrs +), Bronze Cross (14 yrs +)

- **“Mom and Tot”** is offered during sessions 1 to 4
- **Tadpole** (unable to do White) is being offered for all sessions.

For **adult swimming**, we offer 2 options:

- the **Masters program** for intermediate and advanced swimmers with exercises and stroke improvement (it is not necessary to register for Masters)
- **Monday evening swimming lessons** for beginner and intermediate swimmers (please register; available for session 5 only)

In addition, we offer an **Aquafit** program, regular (twice a week) and advanced (twice a week). Please come to the pool at the allotted time to participate (not necessary to register).

**Swimming levels:**

Olympic Way Inc.  
Swimming program

|   |   |
|---|---|
| For your information, here are the different levels and the conditions of success to access the next level:   |   |
| <p align="center"><u>White</u></p> <ul style="list-style-type: none"> <li>✓ Front and back float unassisted for 10 seconds</li> <li>✓ Swim 6 meters with breathing</li> <li>✓ Jump in the water unassisted</li> </ul>   | <p align="center"><u>Green</u></p> <ul style="list-style-type: none"> <li>✓ Front crawl – 15 metres</li> <li>✓ Backstroke kick – 15 metres</li> <li>✓ Retrieve an object at a depth of 1 metre</li> </ul>   |
| <p align="center"><u>Blue</u></p> <ul style="list-style-type: none"> <li>✓ Front crawl – 25 metres</li> <li>✓ Backstroke kick – 25 metres</li> <li>✓ Breaststroke kick – 25 metres</li> <li>✓ Underwater swim – 3 metres</li> </ul>   | <p align="center"><u>Bronze</u></p> <ul style="list-style-type: none"> <li>✓ Front crawl – 50 metres</li> <li>✓ Backstroke – 50 metres</li> <li>✓ Breaststroke – 25 metres</li> <li>✓ Butterfly kick – 25 metres</li> </ul>                                       |
| <p align="center"><u>Silver</u></p> <p>Swim the first three styles continuously</p> <ul style="list-style-type: none"> <li>✓ front crawl - 75 metres</li> <li>✓ backstroke -75 metres</li> <li>✓ breaststroke - 75 metres</li> <li>✓ butterfly - 50 metres</li> <li>✓ shallow dive</li> </ul> | <p align="center"><u>Gold</u></p> <p>Swim all four styles continuously</p> <ul style="list-style-type: none"> <li>✓ front crawl - 100 metres</li> <li>✓ backstroke - 100 metres</li> <li>✓ breaststroke - 100 metres</li> <li>✓ butterfly - 100 metres</li> </ul> |