

Starfish Swimming® 2017

Session Fees: \$50 per session

Registration ends 4 days before session begins. A \$10 late fee will be applied for any registrations made after this date.

Session 1: (8 lessons)

June 19 - 29, Mon - Thurs, 1:00 - 1:45 pm

Session 2: (8 lessons)

July 10-Aug 2, Mon & Wed, 11:30 am - 12:15 pm

Session 3: (8 lessons)

July 11-Aug 3, Tues & Thurs, 11:30 am-12:15 pm

StarTots™ 2017 (18 - 36 month)

One adult must be in the water with each child

Session Fees: \$35

Session 4: (8 lessons)

July 10 - Aug 2, Mon & Wed, 6:30 - 7:00 pm



Parents and caregivers must remain on site during Starfish Swimming lessons; however, if you wish to hike around camp during the lesson time, you may obtain a visitors pass from an instructor at the pool before the lesson begins.

What our Swim School has to offer:

- Low student to instructor ratios
- Water safety education
- Dynamic set-up so children are continually challenged
- Pre-Competitive stroke development and refinement
- Zero-entry pool accessible for all swimming abilities



If you have any questions please contact Angie Pile at angie@sequanota.com

Sequanota Conference Center & Camp

Mailing Address:

PO Box 245, Jennerstown, PA 15547

Physical Address:

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Phone: (814) 629 - 6627

Website: www.sequanota.com



Starfish Swim School - Summer 2017 -



Offered at

Camp Sequanota

Jennerstown, PA

Registration

Participant: _____

Birth Date: _____ Age: _____ Sex: _____

Parent: _____

Street Address: _____

City: _____ State/Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Does the student require any special accommodations? Please circle. Yes No

Session #: _____ Skill Color: _____

How did you find out about the Swim Lessons? advertisements A friend social media other _____

Total Amount: \$ _____

Checks payable to: Sequanota

I understand that tuition is due in full at the time of registration. There is a \$20 fee for returned checks, and lessons will be suspended until all fees are collected. No refunds will be given. Tuition cannot be prorated. No refunds or make-ups will be allowed for student absences. This schedule is subject to change due to facility closure or inclement weather. In that case, Sequanota Starfish Swim School will endeavor to offer a make-up based on instructor and facility availability. I understand that my child may be photographed or filmed while participating in Sequanota's program and the photos or videos images may appear in marketing or educational materials. I agree to assume all liability for my child while attending any program at Sequanota. I further agree to hold harmless Sequanota or any of its employees for any complications or injury that may result to my child or to me while at Sequanota.

Parent/Guardian Signature

Date

Starfish Swim School®

(Ages 3- 14)

Designed to meet the needs of children, this course will develop a high comfort level in the water and a readiness to swim, and for those children who are developmentally ready, it will teach functional swim skills. This class teaches swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

All swimmers will be swim tested their first day of class to determine the appropriate color level to begin. Each session includes eight 45 minute lessons. Swimmers will advance over the course of the session when they demonstrate the skills to make the next step in the progression, which culminates with learning and refining the stroke techniques for freestyle, backstroke, butterfly, breaststroke, and more!

StarTots™

(18 - 36 months)

The purpose of this course is to foster in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim diapers are required.



Starfish Swim School Core Skill Achievement Stages

White	Red	Yellow	Blue	Green
If the student... Is afraid of water...	If the student... Can't swim without support but loves the water...	If the student... Is not afraid...	If the student... Can swim underwater or on the surface, and can get an occasional breath...	If the student... Can tread water for at least 15 seconds...
Can't swim at all...	Will get face wet...	Can float on front and back...		Can swim freestyle with rotary (side) breathing...
Will not get face wet...	Will jump in...	Can jump in and return to surface...		
SIGN UP FOR WHITE GROUP	SIGN UP FOR RED GROUP	SIGN UP FOR YELLOW GROUP	SIGN UP FOR BLUE GROUP	SIGN UP FOR GREEN GROUP

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