



Swim Lessons



REGISTRATION INSTRUCTIONS:

1. Select Sessions (dates of class).
2. Read the Class Level Description and Prerequisites to determine the initial placement of your child.
3. Choose a class time under your child's level and write the class code number on the registration form.
4. Also list the Session selected on the registration form.
5. Be sure to list a 2nd choice in case your 1st choice is full. In this case you will be notified by phone.
6. Online registration is now available at www.belmont.gov, 'Parks & Recreation', 'Online registration'.

Carlmont High School Pool, 1400 Alameda de las Pulgas, Belmont

Taught by Belmont Parks and Recreation Certified Aquatics Staff

All classes meet for 25 minutes each day, Monday-Friday (No Class 7/3)

Class Level Descriptions & Prerequisites

Pre-Beginner I

Description: This class is designed to familiarize students with water safety and enhance a feeling of comfort in the pool. **Prerequisites:** 3-5 years old and 24 inch shoulder height with no previous experience.

Pre-Beginner II

Description: The purpose of this class is to further develop student's knowledge of water safety and to increase the development of water skills.

Prerequisites: 3-5 years old and completed Pre-Beginner I **or** can front float and swim 15 feet on stomach.

Level I

Description: The purpose is to help students feel comfortable in the water and to enjoy the water safety, while creating a sound foundation for aquatic safety skills. **Prerequisites:** Pre-Beginner II Skills **or** 6 years old with no previous experience.

Level II

Description: Instruction includes rhythmic breathing, floating, fining, arm strokes, turning over, deep water exploration, retrieve underwater objects and safety skills. **Prerequisites:** Level I Skills **or** demonstrate front and back float.

Level III

Description: Instruction includes front crawl, back crawl, elementary backstroke, treading water, diving, bobbing and safety skills.

Prerequisites: Level II Skills **and** adjusted to deep water; demonstrate front and back crawl 5 yards.

Level IV

Description: Instruction includes refinement of front crawl, back crawl, alternate kicks for treading water, basics of breaststroke, sidestroke, turns, diving, endurance building, introduction to CPR and rescue breathing and other safety skills.

Prerequisites: Level III Skills at twice the distance (10 yards), demonstrate elementary backstroke (5 yards), basic dive and tread water.

Level V

Description: Instruction includes alternate breathing, stride jump, swim for distances, open turns, increase endurance and skill treading water, feet-first surface dive and advanced safety skills. **Prerequisites:** Level IV Skills at twice the distance, demonstrate front and back crawl (20 yards), elementary backstroke (10 yards), breaststroke and sidestroke (5 yards).

Level VI

Description: Instruction includes enhancing efficiency, endurance and ability to perform strokes, throwing and reaching rescue skills, advanced personal safety skills, swim continuously for 500 yards using any combination of stroke, in water rescues using equipment, tread water for 5 minutes. **Prerequisites:** Level V Skills at twice the distance, underwater swim (5 yards), butterfly kick (10 yards) and tread water 2 minutes.

Level VII

Description: This class is designed to perfect strokes and to develop good fitness habits, with further development of conditioning, diving and rescue skills. **Prerequisites:** Level VI completion and the ability to demonstrate all Level VI requirements.

NOTE: Placement and advancement dependent upon instructor's evaluation. Classes may be cancelled if only one participant is enrolled.



Swim Lesson Schedule

DATES:	Session I 6/22-7/2	Session II 7/6-7/17	Session III 7/20-7/31	DATES:	Session I 6/22-7/2	Session II 7/6-7/17	Session III 7/20-7/31
Resident Fee:	\$65	\$70	\$70	Resident Fee:	\$65	\$70	\$70
Non-Res. Fee:	\$75	\$80	\$80	Non-Res. Fee:	\$75	\$80	\$80

CLASS TIMES:

Pre-Beg I

10:00-10:25	9111.101	9111.201	9111.301
10:30-10:55	9111.102	9111.202	9111.302
11:00-11:25	9111.103	9111.203	9111.303
11:30-11:55	9111.104	9111.204	9111.304
3:00-3:25	9111.105	9111.205	9111.305
3:30-3:55	9111.106	9111.206	9111.306
4:00-4:25	9111.107	9111.207	9111.307
4:30-4:55	9111.108	9111.208	9111.308

Pre-Beg II

10:00-10:25	9112.101	9112.201	9112.301
10:30-10:55	9112.102	9112.202	9112.302
11:00-11:25	9112.103	9112.203	9112.303
11:30-11:55	9112.104	9112.204	9112.304
3:00-3:25	9112.105	9112.205	9112.305
3:30-3:55	9112.106	9112.206	9112.306
4:00-4:25	9112.107	9112.207	9112.307
4:30-4:55	9112.108	9112.208	9112.308

Level I

10:00-10:25	9211.101	9211.201	9211.301
10:30-10:55	9211.102	9211.202	9211.302
11:00-11:25	9211.103	9211.203	9211.303
11:30-11:55	9211.104	9211.204	9211.304
3:00-3:25	9211.105	9211.205	9211.305
3:30-3:55	9211.106	9211.206	9211.306
4:00-4:25	9211.107	9211.207	9211.307
4:30-4:55	9211.108	9211.208	9211.308

Level II

10:00-10:25	9212.101	9212.201	9212.301
10:30-10:55	9212.102	9212.202	9212.302
11:00-11:25	9212.103	9212.203	9212.303
11:30-11:55	9212.104	9212.204	9212.304
3:00-3:25	9212.105	9212.205	9212.305
3:30-3:55	9212.106	9212.206	9212.306
4:00-4:25	9212.107	9212.207	9212.307
4:30-4:55	9212.108	9212.208	9212.308

CLASS TIMES:

Level III

10:00-10:25	9311.101	9311.201	9311.301
10:30-10:55	9311.102	9311.202	9311.302
11:00-11:25	9311.103	9311.203	9311.303
11:30-11:55	9311.104	9311.204	9311.304
3:00-3:25	9311.105	9311.205	9311.305
3:30-3:55	9311.106	9311.206	9311.306
4:00-4:25	9311.107	9311.207	9311.307
4:30-4:55	9311.108	9311.208	9311.308

Level IV

10:00-10:25	9411.101	9411.201	9411.301
10:30-10:55	9411.102	9411.202	9411.302
11:00-11:25	9411.103	9411.203	9411.303
11:30-11:55	9411.104	9411.204	9411.304
3:00-3:25	9411.105	9411.205	9411.305
3:30-3:55	9411.106	9411.206	9411.306
4:00-4:25	9411.107	9411.207	9411.307
4:30-4:55	9411.108	9411.208	9411.308

Level V

10:30-10:55	9511.101	9511.201	9511.301
11:00-11:25	9511.102	9511.202	9511.302
11:30-11:55	9511.103	9511.203	9511.303
4:00-4:25	9511.104	9511.204	9511.304
4:30-4:55	9511.105	9511.205	9511.305

Level VI

10:30-10:55	9611.101	9611.201	9611.301
11:30-11:55	9611.102	9611.202	9611.302
3:30-3:55	9611.103	9611.203	9611.303
4:00-4:25	9611.104	9611.204	9611.304
4:30-4:55	9611.105	9611.205	9611.305

Level VII

10:30-10:55	9711.101	9711.201	9711.301
11:30-11:55	9711.102	9711.202	9711.302
3:30-3:55	9711.103	9711.203	9711.303
4:00-4:25	9711.104	9711.204	9711.304
4:30-4:55	9711.105	9711.205	9711.305



Lap & Recreation Swim

6/22-8/7(closed 7/3)

Monday - Friday; \$4 per visit

- Lap swim - Noon - 2:50pm

10 visit pass - \$30, 20 visit pass \$60

- Recreation Swim - 1:00-2:50pm.

Children under 10 must be accompanied by an adult. Anyone entering the aquatic facility during recreation swimming must pay admission fee.



Register Online Today

The City of Belmont is proud to provide you the flexibility of registration on-line 24 hours a day, 7 days a week. Register for most of our programs in the comfort of your own home, or convenience of your laptop anywhere!

BY Registering on-line, you have first access to classes over walk-in or mail-in registrations. ActiveNet is an internet registration service that is available 24 hours a day. You can view courses offered by Belmont Parks and Recreation, register for courses, make a payment, and view your current registrations. You can also view your family account history. **There is a non-refundable convenience fee attached to registering on-line.**

Follow these three easy steps by going to: 'www.belmont.gov', 'Parks & Recreation', 'online registration'.

1. SIGN-UP FOR AN ACCOUNT

Click the 'my account' link on the upper right, then select 'Request Account' and fill out the form to get registered. You will need a credit card (American Express, MasterCard or Visa) and a working e-mail address.

2. SELECT YOUR ACTIVITY or CLASS

You can browse through the alphabetical list of classes, or search for one from our Activity Guide, either on www.belmont.gov 'Activity Guide' or your brochure mailed to your home if you live in Belmont or Redwood Shores. Then, add it to your shopping cart.

3. CHECKOUT TO FINISH

View your 'cart' to see the activity(s) you've chosen, then click 'checkout' to sign up for the activities. You'll be asked to indicate who in your family will be participating (the default is yourself) and where you heard about the activity. After seeing the costs for the activities, you'll be asked for your credit card information. Enter your information, click continue... and you're done! You can print out your receipt.

MAIL IN REGISTRATION STARTS NOW!

Mail in registration begins with delivery of the activity guide. Belmont residents' registration will be processed first in the order received. **Non-residents registration will be held until April 15th**, and then processed in the order received. Mail completed registration form and check payable to: City of Belmont.

MAIL TO: Belmont Parks and Recreation, Attn: Registration, 30 Twin Pines Lane, Belmont, CA 94002.

WALK IN REGISTRATION

Register at the Park and Recreation Department Office in Twin Pines Park.

Both residents and non-residents may register **in person starting April 15th**. Walk in registration will continue until classes begin. PLEASE REGISTER EARLY, CLASSES DO CLOSE IF THEY REACH MAXIMUM ENROLLMENT OR CAN BE CANCELED IF ENROLLMENT IS TOO LOW.

Office hours: Monday through Friday, 8:00am – 5:00pm

FAX CREDIT CARD REGISTRATION TO (650) 595-7419

Fax registration can only be accepted if you plan to pay by American Express, VISA or MasterCard. Please write clearly. Fax registration will be processed randomly with the next day's mail. Confirmation/receipt WILL be mailed to you.

If you would like more information: please contact Belmont Parks and Recreation Monday – Friday, 8AM – 5PM at (650) 595-7441.

Online Registration is HERE! The form is on the next page - - - - >>>

For more information, call Belmont Parks & Recreation at 595-7441, or see us at 30 Twin Pines Lane.

Registration Information

Refunds and Credit Vouchers:

No refunds or credit vouchers will be issued once a class has begun. Full refunds will be issued only for classes cancelled or closed by the Recreation Department. A credit voucher/refund will be issued if a participant withdraws from a class at least one week before the class begins. There will be a \$5.00 service charge per program. Credits are good for one year from the date of issue.

Classes will not be pro-rated for missed sessions. **No refunds will be given for the convenience fee**, as that is not charged by our department, but is for the convenience of registering on-line.

Please **complete the form below completely** (thorough instructions on the previous page) as all fields are important! **Please include the date of birth; our programs key off this field.**

Join Us!

WAYS TO REGISTER:



On-Line



FAX

(Credit Card only)



Walk-In



Mail-In

THANK YOU for your participation in our programs!

Activity Registration Form
Belmont Parks and Recreation Dept.
 30 Twin Pines Lane, Belmont, CA 94002
 Phone: (650) 595-7441; Fax: (650) 595-7419

It's easy to use your credit card!

Card Number _____
 Exp. Date _____ Visa Mastercard Amex
 Signature _____
 Cardholders Name (print) _____

Payee Information (Person paying for Registration)

PLEASE FILL IN ALL INFORMATION.

Date of Birth

Name: _____ (mm/dd/yy) _____ (Gender- circle) M / F Self Parent Guardian

Address: _____ City: _____ Zip: _____

Day Phone: _____ Evening Phone: _____ E-mail Address: _____

I hereby absolve the City of Belmont, its employees, independent contractors and officers from all liability that may arise as a result of my participation in the activities below, and in the event that the below-named participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing, absolve the City of Belmont, its employees, independent contractors from such liability. I/We agree to allow use of my/our photograph(s) for program publicity.

Signature: _____ Date: _____

PARTICIPANT'S NAME	DATE OF BIRTH	GENDER	CLASS NAME	CLASS #	CLASS #	Resident	Non-Res.
First and Last Name	(mm/dd/yy)	M / F		1 ST CHOICE	2 ND CHOICE	FEE	FEE

Do you have any special needs that require specific accommodations so you can fully enjoy our classes or facilities?



Total \$ _____
 I wish to donate to Senior Services \$ _____
TOTAL DUE \$ _____