

Saratoga Summer Swim

Youth Summer Swim Lesson Program

The Saratoga Summer Swim Program provides structured group swim lessons for children from the beginning level through advanced level at Saratoga High School. The Saratoga High School Aquatics Center is an outdoor 50-meter by 25-yard pool. Private swim lessons are available; please call 408-253-7946 for information.

Parking Information: There is plenty of free parking available in the lot directly in front of the pool and tennis courts. Please do not park in any "staff" parking areas.

Saratoga Summer Swim 2009 registration is on a first-come, first-serve basis. Saratoga Summer Swim registration is NON-Refundable.

REGISTER TODAY BY MAIL!

Session Dates:

Session #1: June 15 – June 25

Session #2: June 29 – July 9

Session #3: July 13 – July 23

Session #4: July 27 – August 6

Lesson Times: All lessons are 30 minutes in length and are held Monday through Thursday. Lesson times are offered each half hour beginning at 9:30AM – 11:30AM and 1:00PM - 4:30PM.

Class Cost: \$116.00 per child, per session. Payment is *Non-Refundable*.

Confirmation of Class Registration: Class confirmation will be posted on our website at www.daca.org beginning Monday, May 4, 2009

Following are Lesson Descriptions: Please use this information to help determine proper placement of the student. Classes may be cancelled or combined if the minimum student requirement is not met. Lesson ratios: Pre-School, Youth Levels 1, 2 & 3 (4:1 ratio) and Youth Levels 4 & 5 (6:1 ratio)

Pre-School: Ages 3-5 years. Orientation to the aquatic environment, to create a solid foundation for aquatic safety, supported floating and kicking on front and back. Supported alternating arm action and safety skills. *Equivalent to DACA Swim School Rainbow and Green ribbon levels.*

Youth Level 1 (YL1): Ages 5 and up. Orientation to the aquatic environment, to create a solid foundation for aquatic safety, supported floating and kicking on front and back. Supported alternating arm action. *Equivalent to DACA Swim School Green, Blue and Red ribbon levels.*

Youth Level 2 (YL2): Ages 5 and up. Expand on fundamental aquatic skills. Floating skills and kicking on front and back. Rhythmic breathing for freestyle, backstroke and safety skills. *Equivalent to DACA Swim School White & Purple ribbon levels.*

Youth Level 3 (YL3): Ages 5 and up. Develop competency in freestyle and backstroke, introduce breaststroke, treading water, deep water bobbing and aquatic summersaults (to prepare for flip turns). *Equivalent to DACA Swim School Purple & Orange ribbon levels.*

Youth Level 4 (YL4): Ages 7 and up. Continued development of freestyle, backstroke and breaststroke to improve efficiency, introduction of butterfly and flip turns. *Equivalent to DACA Swim School Orange & Gold Starfish ribbon levels.*

Youth Level 5 (YL5): Ages 7 and up. Introduction to fun competitive swimming! Master the 4 competitive strokes, butterfly, backstroke, breaststroke and freestyle. *Equivalent to DACA Swim School Gold Starfish Award.*

Summer Lap Swim Program Adult Fitness and Lap Swimming

The Saratoga High School Adult Fitness and Lap Swimming is offered for deep-water safe adults. A qualified instructor will be on site to help you reach your fitness goals. No recreational swimming is allowed, and swimmers may need to circle swim – sharing the lane with one or more other swimmers. For safety reasons, lap swimming will be confined to a maximum of 10 lanes.

Parking Information: There is plenty of free parking available in the lot directly in front of the pool and tennis courts. Please do not park in any "staff" parking areas.

Dates: June 15 – August 7, 2009

Times: 5:30AM to 7:00AM – Monday, Wednesday & Friday
11:30AM to 1:00PM - Monday thru Friday

Cost: \$5.00 per swim

Punch Card - For multiple use, never expire, instructor will keep on file at pool.

20 Swims: \$80.00 (\$4.00 per swim)

No refunds for Saratoga Lap Swim for any reason.

**** All fees should be paid to the Instructor on-duty****

DACA Water Polo Youth Water Polo Program

DACA Water Polo is for children who want to learn about the sport of water polo, develop new skills, and enhance their current skill level. Our goal is to establish a fun, supportive, and positive environment where players of all levels can improve their skills. The classes are designed for children 11 to 18 years of age. Students must have intermediate swimming skills and be deep-water safe. All classes are offered at De Anza College Aquatics Center in the diving pool.

Summer Session Dates & Times: June 15 – August 6

1:00 to 2:00 PM – 14 to 18 years old (high school)

2:00 to 3:00 PM – 11 to 13 years old (middle school)

Class Cost: \$190.00 per child

No refunds for DACA Water Polo.

If you have questions or need information about other DACA programs – Swim School, Pre-Competitive, Competitive – please visit our website at www.daca.org or call (408) 253-7946.

SARATOGA SUMMER SWIM LESSON REGISTRATION FORM 2009

How to Turn in your Registration:

Register by Mail Only! This registration form must be post-marked by **Monday, June 8.**

Mail this registration form with payment to:

**SARATOGA SUMMER SWIM
1080 S. DE ANZA BLVD.
SAN JOSE, CA 95129**

Beginning Monday, June 15, ALL REGISTRATION will take place on the Pool Deck at Saratoga High School.

The registration table will be located at the end of the walkway, under the umbrella.

Confirmation of Class Registration:

Confirmation of your registration (including dates and times) will be **posted on our website at www.daca.org beginning Monday, May 4th.** If you do not have access to the internet and would like a confirmation of your registration, enclose a self-addressed, stamped envelope with your application and a confirmation will be mailed to you.

Child's Name: _____ Age: _____ Sex: M F Birth date: _____
Last First Middle Circle MM/DD/YY

Parent's Name: _____

Day Phone: _____

Home Address: _____

City and Zip: _____

Emergency Contact - Name & Phone: _____

Payment Information:

**** By Check Only ****

Step 1:

Please Circle Child's Level:

Pre-School YL1 YL2 YL3 YL4 YL5

Step 2:

Please Circle Session Date(s):

Session #1 (6/15 – 6/25) 2 weeks, 8 lessons

Session #2 (6/29 – 7/9) 2 weeks, 8 lessons

Session #3 (7/13 – 7/23) 2 weeks, 8 lessons

Session #4 (7/27 – 8/6) 2 weeks, 8 lessons

Step 3:

Please Circle Lesson Time(s):

1st choice:	9:30	10:00	10:30	11:00	11:30	1:00	
	1:30	2:00	2:30	3:00	3:30	4:00	4:30
2nd choice:	9:30	10:00	10:30	11:00	11:30	1:00	
	1:30	2:00	2:30	3:00	3:30	4:00	4:30
3rd choice:	9:30	10:00	10:30	11:00	11:30	1:00	
	1:30	2:00	2:30	3:00	3:30	4:00	4:30

Step 4: Complete this registration form, including the payment information, read & sign the release below. Swim Lesson Program is \$116.00 per child, per session. Make check payable to *Saratoga Summer Swim*. Payment is *Non-Refundable*.

SARATOGA SUMMER SWIM AGREEMENT AND RELEASE OF ALL LIABILITY

I, _____, on behalf of myself and my child, _____, have voluntarily requested to participate in swim lessons offered by De Anza Cupertino Aquatics (DACA). I am aware that attending or participating in these activities involves risk of injury to person and property. I voluntarily accept and assume all risk from attending or participating in these activities.

In consideration of being permitted to participate in these activities, I agree, on behalf of myself and my child, our heirs, personal representatives and assignees, not to make any claim against or sue the City of Saratoga, Saratoga High School, DACA or their employees, officers, directors, agents, members or board members (collectively referred to as the "RELEASED PARTIES") for any injury or damage to my child or myself arising from the negligence, or other acts, however caused, of the Released Parties.

In addition, I release and discharge the Released Parties for all actions, claims or demands that I or my child, our heirs, personal representatives or assignees, have or may hereafter have for personal injuries to my child or myself, or property damage resulting from the activities described above. This release includes injury or damage caused by negligence, active or passive, or other actions of the released parties.

I HAVE CAREFULLY READ THIS AGREEMENT, I UNDERSTAND THIS IS A COMPLETE RELEASE OF ALL LIABILITY, AS WELL AS A PROMISE NOT TO SUE OR MAKE A CLAIM.

Date: _____ Name of Participant _____ Signature of Participant (Parent or guardian if under 18 years of age) _____

The undersigned parent hereby gives permission for any necessary medical care to be given to my child in the case of an accident or illness. I agree to assume full responsibility for the costs of any treatment provided.

Date: _____ Parent's Full Name _____ Signature of Participant (Parent or guardian if under 18 years of age) _____