



RHONWOOD PARK CABANA CLUB
5451 Charlotte Way
SUMMER 2023 SWIM LESSONS

COST: \$85 Non- Members

The Cabana Club offers lessons based on the American Red Cross Learn-To-Swim Program Levels 1 through 4, plus our own Swim Team and private lessons.

Lessons are taught by certified Water Safety Instructors and aides. Lessons are 9 days per session (week 1: M-F, week 2: M-Th), 25 minutes per lesson.

Session 2: July 24 – August 03

Lessons are 25 minutes. Classes are scheduled as follows:

Times*: 12:00, 12:30, 1:00, 1:30 Levels 1,2,3,4

Child's Name _____ Age ____ Level ____ Time _____

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Child's Name _____ Age ____ Level ____ Time _____

Child's Name _____ Age ____ Level ____ Time _____

- Phone Number _____ email _____
- Parent name _____
- Address _____

- **Level 1 - Introduction to Water Skills**

Fully submerge face for 3 seconds, Open eyes underwater, Pick up submerged objects, Swim on front and back using arm and leg actions, Float on front and back, Bubble blowing, Enter and exit pool independently using ladder, steps or side of pool, Exhale underwater through mouth and nose, Explore arm and hand movements

- **Level 2 - Fundamental Aquatic Skills**

Enter water by stepping or jumping from the side, Exit water safely using ladder or side, Submerge entire head, Open eyes underwater, Pick up a submerged object, Float on front and back, Perform front and back glide, Roll over from front to back, back to front, Tread water using arm and leg motion

- **Level 3 - Stroke Development**

Jump into deep water from the side, Submerge and retrieve object, Bob with head fully submerged, Use rotary breathing in horizontal position, Perform front and back glide, Perform survival float, Change from horizontal to vertical position on front and back, Perform front and back crawl, Butterfly-kick and body motion, Perform the HELP and Huddle position, Perform a reaching assist, Use Check-Call-Care in an emergency

- **Level 4 - Stroke Improvement**

Swim underwater, Perform feet-first surface dive, Perform open turns on front and back using any stroke, Tread water using sculling arm motions and kick, Perform the front and back crawl, Perform the breaststroke, Perform the butterfly, Perform the elementary backstroke

Swim on side using scissor-like kick, Perform compact jump into water while wearing a life jacket, Perform a throwing assist, Care for conscious choking victim

The lottery system will be applied, once everything is confirmed and the time works for you, the link for the payment will be online for a convenience fee.

Refund Policy. Registration fees are not **refundable**.

Minimum age for swim lesson students is 2 1/2 years old no swimming diapers. Please arrive early for your child's class. Have your child potty and snack at home and be prepared to enter the water. Talk to your child about what will go on at swim lessons.

Assumption of Risk

I, _____ am aware that swimming in the community pool is a potentially hazardous activity. I am voluntarily participating in this activity with knowledge of the danger involved and hereby agree to accept any and all risks of injury or death and verify this statement by placing my initials here: _____. Furthermore, I am giving my consent for my minor children and guests to participate in this activity with knowledge of the danger involved and hereby agree to accept any and all risks of injury or death for and of my minor children and guests and verify this statement by placing my initials here:

_____.

Release

I hereby agree that I, my assignees, heirs, guardians, and legal representatives will not make a claim against, sue, or attach the property of Rhonewood Park Homeowners Association, nor its agents, representatives, or the members of that Association, for damages, injury or death resulting from the use of the community swimming pool at Rhonewood Park Cabana Club no matter how caused. I hereby release the Rhonewood Park Homeowners Association, its agents, representatives, and members of the Association from all actions, claims, or demands that I, my assignees, heirs, guardians, and legal representatives may hereafter have for injury or damage resulting from my or my minor children's and guests' use of the community swimming pool and surrounding pool area.

Knowing and Voluntary Execution

I have carefully read this Swimming Pool Use Liability Release and Agreement and fully understand its contents. I am aware that this is a Release of Liability between myself and The Rhonewood Park Homeowners Association and its Members, and I sign it of my own free will.

Parent (Please Print) _____

Parent Signature _____ Date _____

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