



ANNUAL FAMILY REGISTRATION

Done in Fall and New Entries into program
ONE FORM AND ONE FEE PER FAMILY

Parents: _____ Phone # _____ Cell# _____

Address _____

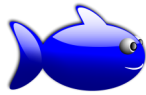
Email: _____

Swimmer Name & Age: 1. _____ 2. _____

3. _____ 4. _____

I, the parent/guardian of the child(ren) written above, assure AquaSafe that my child does not have a medical condition which could affect his/her participation in the AquaSafe Programs. I ensure that my child(ren) will be supervised at all times while in the Atria Woodbriar Facility. I will ensure that all of my family members follow the pool rules at all times. I understand the policy concerning pool closings due to weather or other circumstances.

Signed _____ Print Name _____ Date _____



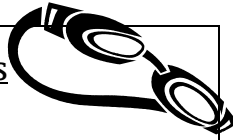
Swim Like a Fish.....Talk To Trish!

AquaSafe Swim Programs provide professional swim instruction for children and adults of all ages and ability levels.

DIRECTOR: TRISH CUNDIFF

Trish has been a competitive swimmer, lifeguard and swim instructor throughout her life . She swam for Glassboro State College and received a Bachelor's in Elementary Education. Trish has classroom teaching experience from pre-school thru Grade 8. She swims with the Masters Group at the YMCA in Barnstable and competes in local triathlons. She has completed Ironman Florida in 2004 & 2007 & Lake Placid in 2010 & 2011 & 2012. She is competing in sprint distances this summer. She has owned and operated AquaSafe Swim programs for 8 years in Falmouth. Safety is a priority and FUN is always a part of her curriculum. Trish has developed an outstanding reputation. Let her share her enthusiasm with your family.

CAPS~GOGGLES
Swim caps & goggles are required for swim lessons. We will sell them at the lake. Caps are \$5 and goggles are \$8. Caps & goggles help us to make better use of our swim time together.



SWIM LESSONS @ Lakewood Hills

Lessons are held at: Lakewood Hills Assoc Beach, 7 Kiah's Way, E. Sandwich, MA



EMAIL TRISH TO SAVE YOUR SPACE! aquasafe@comcast.net GO TO OUR WEBSITE : www.aquasafecapecod.com



SAFETY RULES:

Please keep your children safe by going over these rules with them. Our number one priority is safety.

NOTE: ANYONE WHO DOES NOT FOLLOW THE RULES WILL BE ASKED TO SIT OUT OF LESSONS

1. Children must be accompanied by an adult during swim lesson time- on the beach, parking lot or bathroom.
2. NO GLASS in the swim lesson area please.
3. Children must be SEATED with parents or adult outside of the lesson area when they are waiting for their class to start.
4. Swimmers & siblings are NOT permitted to play with swim instruction aids while lessons are going on. It is distracting to the instructor. The instructor needs to have full attention on the swimmers in the water.
5. Parents are invited to watch & enjoy the lesson but PLEASE...do not interrupt the lesson unless it is an emergency.

Thanks for helping us to keep your kids safe during swim lessons!



Summer Blast Swim Lessons ~-\$130

August 3-21

8/3, 8/5, 8/7, 8/10, 8/12, 8/14, 8/17, 8/19, 8/21

Mon-Wed- Fri -Mon-Wed-Fri-Mon-Wed-Fri

Blast 'em with 9 x 40 minutes of classes before summer ends!!!!

The Summer Blast allows swimmers to advance quickly since they get 360 minutes of instruction time in 3 weeks.

10:00-10:30 WED ONLY-TADPOLES \$30 FOR SESSION

Tadpole requires an adult in the water3 classes***

10:30 -11:10 SUPERFISH LEVEL

11:10-11:50 DOLPHIN LEVEL

11:50-12:30 SILVER & GOLD LEVELS

PLEASE NOTE: THIS SWIM SESSION ONLY AVAILABLE TO MEMBERS OF THE LAKEFIELD FARM HOMEOWNERS ASSOCIATION.

Bring your camera to the last class! Your swimmer

will receive an award for their fantastic

efforts in the pool!



CLASS LEVELS:

Tadpole Level:



This class requires an adult to be in the water with the child. This class is for 19 months to 4 years old. We use a backpack flotation device to introduce kids to swim skills. At 4 years old—they move to superfish level.

Superfish Level Goals: Superfish will learn to dog paddle, float on tummy, float on back, jump into deep water and get to the side without assistance. They will learn to put their face in and search for underwater treasures.

Dolphin Level Goals: Dolphins will learn basic front crawl & back stroke, kneeling dives, elementary backstroke. They must be able to jump into deep water & get to the side on their own to be in dolphins.

Silver & Gold Goals: They will learn to bilateral breathing, breaststroke & butterfly & standing dives. They will build endurance for all their strokes.