



DAY CAMP RESERVATION FORM – SUMMER 2010

Please use black or blue ink

PLEASE PRINT:

Child's Name: Phone: ()
Home Address: City: Zip:
Birth Date: Grade: Sex (Circle): M F

IF REGISTERING FOR CAMP ALOTTAFUN, NUMBER LOCATION IN ORDER OF PREFERENCE (1,2):

CAMP ALOTTAFUN Pico Park Rivera Park

PAYMENT IS REQUIRED AT TIME OF REGISTRATION FOR THE FIRST WEEK YOUR CHILD ATTENDS.

Reservations for all other weeks can be made in advance with a \$15 NON-REFUNDABLE, NON-TRANSFERABLE deposit per week.

REGISTRATION (Please check each session you want your child to attend):

- Week 1 - June 21-25 2010
Week 2 - June 28-July 2, 2010
Week 3 - July 6-9, 2010
Week 4 - July 12-16, 2010
Week 5 - July 19-23, 2010
Week 6 - July 26-30, 2010
Week 7 - August 2-6, 2010
Week 8 - August 9-13, 2010
Week 9 - August 16-20, 2010
\$5 - Early Care (7-8 a.m.)*
\$5 - Late Care (5-6 p.m.)*

OPTIONAL FEES (Please check if applicable):

- \$6 each - Camp T-Shirts Number of shirts:
\$20 - Camp Swim Lessons (Payment is required at time of registration)
Please check each session you want your child to attend (\$20 per session):
Session 1 - June 21 - July 2
Session 2 - July 6- July 16(no class 7/5)
Session 3 - July 19 - July 30
Session 4 - August 2 - August 13
*must be registered for both weeks of camp

Please indicate which level your child would qualify for (see level descriptions on back of form):

- Level 1 Level 2 Level 3

METHOD OF PAYMENT (Please check one):

Check # Money Order #

Credit Card (circle one): VISA MASTER CARD AMERICAN EXPRESS

Card # Exp. Date /

Amount:

Signature of Cardholder

Date

* A print out of all scheduled payments will be given at time of registration.

Input by: Date:

SWIM LEVEL DESCRIPTIONS

◆ Swim Level Descriptions (campers will be evaluated by Swim Instructor 1st day of class):

Level 1 WATER EXPLORATION

- Understand the basic water safety rules
- Know the fundamentals of using a life jacket
- Know how to handle a cramp
- Know how to get help
- Perform reaching assists without equipment
- Enter and exit water independently
- Fully submerge face for 3 seconds. Blow bubbles
- Bounce in chest deep water (bob) to chin level 10 times
- Walk 5 yards in chest-deep water, maintaining balance
- Float, while supported, on front & back
- Kick, while supported, on front & back
- Practice basic alternating arm action

Level 2 PRIMARY SKILLS

- Perform reaching & extension assist from deck
- Assist non-swimmer to feet
- Be familiar with rescue breathing
- Move from standing to horizontal position
- Hold breath and fully submerge head for 3 seconds
- Float or glide on front, unsupported, for 5 seconds
- Float or glide on back, unsupported, for 5 seconds
- Submerge to retrieve object in chest deep water
- Explore deep water, with floatation support
- Enter pool into chest-deep water and stand
- Perform flutter kick on front & back (support optional)
- Turn over from front to back and back to front
- Float on back while finning with hands
- Practice back crawl arm action
- Perform combined (kick & arms) stroke front, 5 yards
- Perform combined (kick & arms) stroke back, 5 yards

Level 3 STROKE READINESS (completion of Level 3 indicates swim readiness for group swim)

- Understand safe diving rules
- Bob in water slightly over head to travel to safe area
- Jump into deep water with life jacket on
- Jump into deep water from side of pool
- Demonstrate the Heat Escape Lessening Posture for 1 min
- Perform "huddle" position with other participants for 1 min
- Know how to open airway for rescue breathing
- Reverse direction while swimming on front
- Reverse direction while swimming on back
- Coordinate arm stroke for front crawl with breathing to the front or side, 10 yards
- Perform 15 bobs in chest deep water
- Do back crawl, 10 yards
- Do elementary backstroke kick, 10 yards
- Dive from the side of pool from kneeling and compact positions
- Tread water
- Retrieve an object from the bottom in chest-deep water
- Perform front glide with push-off, 2 body lengths
- Perform back glide with push-off, 2 body lengths