

# The Great Aquatic Adventure..... Swim It!

## Trailblazer Swim Form 2017

Student Name \_\_\_\_\_ Age \_\_\_\_\_

In the event that any first aid situation arises, the Kearns Oquirrh Park Fitness Center has my consent to treat my child.

Print Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Signature/Date: \_\_\_\_\_

Please select the class your child is ready for.

### Entry Skills – Tide Pool

**Seahorse**

-No entry skills required

**Clown Fish**

- Back Float 5 sec
- Front Float 3 sec
- Back Glide w/ kicks 2 body lengths
- Front Glide w/kicks 2 body lengths
- Rolling w/ assistance
- Bubbles 5 times for 3 sec – bubbles out mouth/nose

### Turtle

-Unassisted submersion (Bubbles 7 times for 3 sec)

- Front Glide w/ kick-rolling to side 2xs to breathe
- Elementary Backstroke 5 cycles

**Crab**

- Elementary Backstroke 15 cycles
- Freestyles & Backstroke 5 cycles
- Using a kickboard to kick 8 yards

**Penguin**

- Elementary Backstroke 25yds
- Freestyle 15yds
- Backstroke 15yds
- Treading water 15sec
- Jump into water and swim back to wall

### Entry Skills – Coral Reef

**Dolphin**

- Perform a kneeling dive, swim 25yds freestyle, turn and swim 25yds backstroke
- Treading 30 seconds

**Whale**

- Butterfly 15yds (recognizable stroke w/ timing)
- Backstroke 50yds
- Freestyle 50yds
- Treading 45 second

**Shark**

- Swim non-stop:
  - 15yds Breaststroke
  - 25yds Butterfly
  - 75yds Freestyle
  - 75yds Backstroke
- Treading 1:30

Please mark the dates that your child will be attending:

\_\_ June 6(wk 1)                      \_\_ June 13 (wk 2)

\_\_ June 20 (wk 3)                    \_\_ June 27 (wk 4)

\_\_ July 11 (wk 6)

\_\_ July 18(wk 7)                      \_\_ July 25 (wk 8)

\_\_ Aug 1 (wk 9)                        \_\_ Aug 8 (wk 10)

\_\_ Aug 15 (wk 11)                    \_\_ Will attend ALL classes