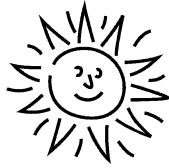




Bellingham Golf and Country Club



2010 Summer Swim Program



Evening sessions (4:45pm - 8:15pm)

Session 1: June 14 - June 25

Session 4: July 26 - August 6

Morning Sessions: (7:45am - 11:45am)

Session 2 June 28 - July 9

Session 3: July 12 - July 23

Session 5: August 9 - August 20*

*Diving Class @ 11:15am, Session 5

More Information at www.bellinghamgcc.com

Our goal at the Bellingham Golf and Country Club swimming pool is to produce happy, competent swimmers in a fun, safe environment. Our trained and certified professionals are experienced and carefully selected.

We are committed to providing children with essential aquatic skills.

Register in Person at the Club

Saturday May 8, 9:00am - 4:00pm

Saturday May 15, 9:00am - 4:00pm

Saturday May 22, 9:00am - 4:00pm

Saturday May 29, 12:00 - 4:00 pm

Sunday May 16, 12:00 - 4:00pm

Sunday May 23, 12:00 - 4:00pm

Or, register at the pool beginning June 5th.

See the website for pool calendar www.bellinghamgcc.com (360) 671-4405

Ages 3 to teens. (Must be potty trained)

One session includes ten 30 minute lessons.

Classes tailored to meet specific needs.

Session 5 Diving lessons @11:15

(Must be 8 years old.)

All abilities from timid beginners to swim team athletes and teen workouts

We welcome and encourage parental input!

Payment due upon registration.

Pay for first session in full.

\$80 for non-members

\$60 for members

\$25 non-refundable deposit for each additional session.

\$10 fee to change sessions

We believe that every child is a winner. The ability to swim honors a child with a lifetime of pleasures and protection, and promotes self-confidence. Feeling good about who you are, what you strive for and what you accomplish is good stuff! GET IN THE SWIM

SWIM LESSON REGISTRATION FORM

(Additional forms can be printed from bellinghamgcc.com)

Please circle desired sessions: 1(evening) 2 3 4(evening) 5

Note: There is a \$10 fee to change sessions once registered.

Parent Information:

Parent Name _____ Phone # _____

Address _____

Please Circle: Member or Non-member

Swimmer's Information and Ability Level:

Swimmer's Name _____ Age _____

Swimmer has taken lessons with us before? Previous instructor _____

Under the appropriate heading, please check the most applicable descriptions.

a Beginner:

Afraid of water? Comfortable in water? Face in the water?

- Holding a kickboard and kicking face down
- Holding thumb and kicking face down, in a streamline position.

a Pull Touch (Beginning crawl stroke)

- Working on pull touches with a kickboard
- Working on pull touches on the instructor's hand
- Working on pull touches alone 5 strokes alone

a Pull Touch Breathing:

- Beginning breathing on a kickboard
- Working on breathing on the instructor's hand
- Working on breathing the width of the pool alone
- Efficient at breathing the width of the pool alone

a Length Swimmers: Please check any additional strokes the swimmer is learning.

- Pull touch breathing the length of the pool
- backstroke breaststroke butterfly crawl stroke

Time Preference: Please choose your preferred time range.

Session 1, 4	4:45 – 5:45	5:45 – 6:45	6:45 – 7:45
Sessions 2, 3, 5	7:45 – 9:15	8:45 – 10:15	9:45 – 11:15

Note: Our primary scheduling priority is to closely match swimmers' abilities to maximize their learning experience. Siblings are guaranteed to be in the same or adjacent time slots. Any additional flexibility that the schedule affords will be used to satisfy your time preferences to the best of our abilities.

Payment Information

- Paid by check.
- Charge to Membership Account: # _____

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