Registration Form

Participant's Full Name | Age | Date of Birth

Parent's Full Name | National City Resident? (Please Circle) Y N

Address | City | Zip Code

Primary Phone Number | Email

Emergency Contact | Relationship | Emergency Phone Number

Swim Lesson Fees

	Resident	Non-Resident
- Weekend 4 Sessions	$12.50	$20
- Weekend 5 Sessions	$16	$25

Session, Level and Time: _____

Private Lesson Fees

	Resident	Non-Resident
- 4 Private Lessons	$60	$100
- 8 Private Lessons	$120	$200

Requested days, times and instructor:_____

I have read, understand and will abide by the attached policies regarding the Las Palmas Swim Lesson Program.

Parent/Guardian Full Name | Signature | Date

Registration Form Received and Reviewed By:

_____
LPP Staff Initials

Las Palmas Pool

CALIFORNIA NATIONAL CITY 1887 INCORPORATED

Waiver of Liability and Assumption of Risk

Please read and sign below:

With respect to my voluntary use of the Las Palmas Pool and its facilities (the "Pool"), managed by MediFit Community Services LLC, I understand that, as a guest of the Pool, there may be health risks associated with activities requiring physical exertion and/or aquatics, including but not limited to: transient dizziness, fainting, nausea, muscle cramping, musculoskeletal injury, sprains and strains, heart attack, stroke, drowning or death. I am capable of performing the exercises and activities associated with my use of the Pool, and hereby agree to assume all risk of utilizing the Pool; and, further agree to hold harmless MediFit Community Services LLC, Las Palmas Pool/ City of National City and each of their subsidiaries, and affiliates and each of their respective directors, officers, employees, agents, contractors, and sponsors; and, other participants from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims, that may result from any injury, illness or death, accidental or otherwise, including any claims for personal property damage, during, or arising in any way from my use of the Pool, except where such claims arise out of negligence or intentional acts of MediFit. I hereby execute the above AGREEMENT, WAIVER, AND RELEASE on behalf of my minor child(ren)(if applicable) listed below. I hereby agree to indemnify and hold harmless the persons and entities mentioned above from any present or future loss, liability, damage, cost, or expense which my minor child(ren) may incur as a result of death, injury, or property damage they may suffer while participating in any activities at the Las Palmas Pool facilities. I have carefully read this AGREEMENT, WAIVER and RELEASE and by signing below and on behalf of my minor child(ren) (if applicable), I acknowledge that I fully understand its contents. I am aware that this is a release of liability and a contract between the above City of National City and me and I sign it of my free will. I further understand that no medical insurance is provided. Outside instructors are not allowed. All instruction is to be given only by Las Palmas Pool staff.

_____

Print Participant Full Name

_____

Signature (If minor, please print parents full name) Date

_____

Parents Signature

Medical Questionnaire

Please list any physical disabilities, mental disabilities, allergies, illnesses, medications or injures we should know about.

_____

_____

_____

_____

Group Swim Lessons

Las Palmas Pool

We offer a wide range of group lessons for children ages 6 months through Adults.
Our experienced staff will teach your child swimming skills to increase their confidence in the water.
All group lessons run 25 minutes in length in our outdoor heated pool.

Sessions	Resident	Non-Resident
4	$12.50	$20
5	$16	$25

Group Swim Lessons Step 1:
Weekend Session (lessons are offered every Saturday for one month)

-Session 1: September 3 – September 24
-Session 2: October 1 – October 29
-Session 3: November 5 – November 26

Group Swim Lessons Step 2:
Choose a lesson level and time
(Complete descriptions of swim levels can be found on the next page)

Teaching Ratios
(student : instructor)

Parent Child - 10:1
Tiny Tot - 1:4
Pre-School Age Classes -1:5
School Age Classes – 1:6
Teen and Adult - 1:8

Parent/Child
Saturday 9:30a-9:55a

Shrimp (Tiny Tot)
Saturday 9:00a-9:25a

Pre-School

Level 1 – Tadpole
Saturday 9:00a-9:25a
Saturday 9:30a-9:55a

Level 2 – Turtle
Saturday 10:00a-10:25a

Level 3 – Seal
Saturday 10:30a-10:55a

School Age

Level 1 – Stingray
Saturday 9:00a-9:25a
Saturday 10:00a-10:25a
Saturday 10:30a-10:55a
Saturday 11:00a-11:25a

Level 2 – Otter
Saturday 9:30a-9:55a
Saturday 10:30a-10:55a

Level 3 – Dolphin
Saturday 10:00a-10:25a

Pre-Teen & Teen
Saturday 11:00a-11:25a

Adult
Saturday 11:00a-11:25

For more information about our group swim lessons, please contact:
Email: laspalmas.pool@yahoo.com
Phone: 619-336-6758

Swim Lesson Policies

Payments: All payments must be made at time of registration, we do not hold space in classes without payment. Payments may be made by cash or credit cards. We do not pro-rate for missed lessons. There are no refunds issued unless the class is cancelled by the manager on site.

Child Supervision: All children must be under direct adult supervision at all times. Parents are required to check their child in for each swim lesson and remain on site for swim lessons.

Locker Rooms: All children must be under direct parent supervision at all times in the locker rooms. Children ages 5 and older must use gender specific locker rooms to change in. A family changing room is located on the pool deck for your convenience. Las Palmas staff are not responsible for lost or stolen items, please check to ensure you have all your belongs with you before you leave.

Weather: We not cancel swim lesson for weather with the exception of lightening or thunder.

Photography: Unless otherwise specified in writing by the parent or guardian, Las Palmas has permission to photograph your child for future use without compensation.

Holidays: There are no make-up lesson offered for holidays, scheduled holidays are: New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas.

Private Lesson Cancellations: To cancel a private lesson without charge, you must contact our manager at least 24 hours prior to your scheduled lesson. If you fail to cancel at least 24 hours in advance, you will be charged for the full session and a make-up will not be offered.

Scheduling: We do not allow registrations after the first week of the start of the program. Children must be registered for their own class.

Safety: For the safety of your child, no one is allowed in the pool without an instructor. When class is over, the swimmers must exit the pool.

Observing Swim Lessons: Parents are requested to view swim lessons from the outer edge of the pool deck and must remain at least 20ft from the edge of the pool deck.

Las Palmas Pool

CALIFORNIA NATIONAL CITY 1887 INCORPORATED

1800 E. 22nd Street • National City, CA 91950 • **619.336.6758** • nationalcityca.gov

Las Palmas Pool

Group Swim Lessons

Preschool Classes (ages 3 – 5)

Student teacher ratio is 5:1. Class times are 25 minutes

Level 1 – Tadpole: This introductory class is for children who are new to swimming or nervous in the water. Our goal is to develop confidence, breath control and proper body position with instructor assistance. Positive reinforcement is critical to help the child build trust and confidence. Graduates will be able to do 10 relaxed bobs, front float for 5 seconds, get in the ready position, jump to teacher from the wall and relax in an assisted back float.

Level 2 – Turtle: This level is for children who are comfortable in the pool and will go underwater without the assistance of an instructor. This level focuses on learning basic stroke technique, improving floating skills, kicking strength and survival skills. Graduates will be able to back float for 10 seconds, do proper kicking techniques on their front and back, swim 5 yards front stroke unassisted to the wall and dive down to pick something up from the bottom of the pool.

Level 3 - Seal: This level is for children who are able to swim independently and are ready to learn the basics of all four competitive strokes. In this advanced level graduates will be able to swim freestyle with rollovers for 15 yards, swim backstroke 15 yards, elementary backstroke, dolphin kicks, breaststroke kicks, and safe sit dives.

School Age Classes (ages 6 – 12)

Student teacher ratio is 6:1. Class time is 25 minutes

Level 1 – Stingray: This level is to build confidence and learn basic water safety skills through fun and games. Graduates will be able to kick on their front and back 25 yards, jump in the water and recover safely, elementary backstroke, front crawl for 25 yards, tread water and swim underwater for 10 seconds or more.

Level 2 - Otter: This level focuses on introducing all four competitive strokes. Graduates will be able to swim 15 yards of freestyle with side breathing, backstroke, breaststroke kick and dolphin kick.

Level 3 - Dolphin: In this level, an emphasis will be placed on refining technique in all 4 competitive strokes. Graduates will be able to swim 25 yards of freestyle and backstroke, know dolphin kick and breast stroke kick and be able to tread water for 2 minutes.

Pre-Teen (ages 12-14) and Teen (ages 15-17)

Student teacher ratio 8:1. Class times are 25 minutes

Stroke Development: The focus of each class is to build an environment for youth to practice swimming skills in a supportive, inspiring and non-competitive atmosphere while maintaining a healthy exercise routine. Graduates will be able to swim a continuous 100 IM, perform flip turns and tread water for at least 2 minutes.

Las Palmas Pool

Group Swim Lessons

Parent Child Classes (ages 6 months – 2 years)

Student teacher ratio is 10:1. Class times are 25 minutes

The Parent Child class is an interactive class designed for young children to gain confidence in and around the water. Emphasis is placed on learning through fun by using songs, games and colorful equipment we introduce the following skills: floating, breathe control, gentle submersions, survival skills and learning tips and tricks. Parents are required to participate in the water with your child during the class so come prepared to get wet and have fun.

Tiny Tot Classes (ages 2 – 3)

Student teacher ratio is 4:1. Class time is 25 minutes

Shrimp: The Shrimp level swim lesson is designed for kids who have taken our parent child swim lesson and have the confidence to begin learning swimming techniques on their own. This class will help your child transition to learning swimming skills such as floating, breathe control, survival skills and self-confidence as well as learning to sit and follow instructions from a swim instructor. Children will be required to be signed off from the parent child class prior to participating in this level.

Private Swim Lessons (all ages)

Student teacher ratio 1:1. Class times are 30 minutes

Private swim lessons are great for individuals with specific needs that may be challenging to achieve in group swim lessons. If you are interested in private swim lessons, please contact the pool manager at 619-336-6759 for available days and times.

Adult Classes (18+)

Student teacher ratio 8:1. Class times are 25 minutes

It is never too late to learn how to swim or to refine swim strokes. Whether you are a new to swimming or an experienced triathlete, our adult swim classes can assist you with your needs. Our adult swim lessons are a positive way to gain confidence and learn how to swim while in a supported environment.

Proof of Residency:

The city requires proof of National City residency in order to qualify for resident rates. Please provide a current copy of a valid government issued picture I.D. and one of the following as proof of residency:

- Utility Bill (within the last 6 months)
- Military Housing Orders (at least 6 months)
- Lease or rental agreement (at least 6 months)
- Property Tax Statements
- Check with Address Imprinted

Proof of age is required for all people under the age of 18. You may provide a birth certificate, passport, medical or government issued identification card with the birthdate printed on the card. Proof of age is required prior to registering for any programs or classes.