

# FAST Swim School SUMMER 2016 Lessons

## Troy Club of Yorba Linda

5831 Lynbrook Plaza • Yorba Linda, CA • 92886 • (714) 970-7455

✓ **Step One (1):** Swimmer Information. Please complete a separate form for each swimmer.

SWIMMER'S NAME (Last, First, M)	GENDER	AGE	BIRTH DATE
STREET ADDRESS	CITY	ZIP CODE	HOME PHONE
PARENT/GUARDIAN NAME	E-MAIL ADDRESS		CELL PHONE
EMERGENCY CONTACT NAME	RELATIONSHIP	HOME PHONE	CELL PHONE

✓ **Step Two (2):** Indicate swimmer skill level. Please check ALL that apply. *Children under the age of 4 are encouraged to begin in Parent & Tot classes or Preschool Lessons.*

- |  |  |
|--|--|
| <input type="checkbox"/> Non-swimmer                           | <input type="checkbox"/> Crawl arm strokes, no side breathing  |
| <input type="checkbox"/> Ability to place head underwater      | <input type="checkbox"/> Crawl arm strokes with side breathing |
| <input type="checkbox"/> Ability to float on front and/or back | <input type="checkbox"/> Breaststroke and/or Butterfly         |
| <input type="checkbox"/> Ability to kick on front and/or back  | <input type="checkbox"/> Full pool lengths of all four strokes |

✓ **Step Three (3a):** Select 2 Week Lessons. *Classes meet everyday Monday – Friday for two weeks.* Choose class session & time.

TWO WEEK LESSONS						
Please check session date(s). You may register for multiple sessions. Group Lessons (3 to 4 students per class). <b>(*NO CLASS ON MONDAY, JULY 4<sup>TH</sup>)</b>						
<input type="checkbox"/> Session #1: 6/20 - 7/1 (10 lessons) - \$145.00	<input type="checkbox"/> Session #2: 7/5 - 7/15 (9 lessons) - \$131.00	<input type="checkbox"/> *Session #3: 7/18 - 7/29 (10 lessons) - \$145.00				
<input type="checkbox"/> Session #4: 8/1 - 8/12 (10 lessons) - \$145.00	<input type="checkbox"/> *Session #5: 8/15 - 8/26 (10 lessons) - \$145.00					
1 <sup>st</sup> Choice	<input type="checkbox"/> 9:00 AM	<input type="checkbox"/> 9:30 AM	<input type="checkbox"/> 10:00 AM	<input type="checkbox"/> 10:30 AM	<input type="checkbox"/> 11:00 AM	<input type="checkbox"/> 11:30 AM
2 <sup>nd</sup> Choice	<input type="checkbox"/> 9:00 AM	<input type="checkbox"/> 9:30 AM	<input type="checkbox"/> 10:00 AM	<input type="checkbox"/> 10:30 AM	<input type="checkbox"/> 11:00 AM	<input type="checkbox"/> 11:30 AM
3 <sup>rd</sup> Choice	<input type="checkbox"/> 9:00 AM	<input type="checkbox"/> 9:30 AM	<input type="checkbox"/> 10:00 AM	<input type="checkbox"/> 10:30 AM	<input type="checkbox"/> 11:00 AM	<input type="checkbox"/> 11:30 AM

✓ **Step Three (3b):** Select class type, day, and time. *Weekly classes meet once per week for 10 weeks.* You may register for multiple days. You MUST indicate your first, second, and third choices of day and time.

WEEKLY LESSONS										
June 20 <sup>th</sup> - August 27 <sup>th</sup> <b>(*NO CLASS ON MONDAY, JULY 4<sup>TH</sup>)</b>										
CLASS TYPE										
<input type="checkbox"/> Small Group (3 to 4 students) <input type="checkbox"/> Semi-Private* (2 students / Partner's Full Name: _____) <input type="checkbox"/> Private (1 student)										
<i>*For Semi-Private classes you MUST indicate a student partner. Registrations will be processed together. Please submit one form per swimmer.</i>										
DAY	TIMES						Small Group	Semi-Private	Private	
*MONDAY	3:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM	5:30 PM	\$131.00	\$230.00	\$455.00	
T, W, TH, F	3:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM	5:30 PM	\$145.00	\$255.00	\$505.00	
SATURDAY	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	\$145.00	\$255.00	\$505.00	
TIME AND DAY PREFERENCES										
					DAY		TIME			
FIRST CHOICE										
SECOND CHOICE										
THIRD CHOICE										

✓ **Step Four:** Agreements and Payment. Credit cards and cash (exact change) are only accepted in person.

<p><b>RELEASE OF LIABILITY WAIVER</b>                  We, the undersigned participant or legal guardian of a participant with the Fullerton Aquatics Sports Team, Inc. (FAST) and SwimAmerica, intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, hold harmless, waive and release and forever discharge any and all rights and claims for damages or injury which we or either of us may hereafter have against the City of Fullerton, FAST, and FAST employees, agents, officers, representatives, coaches and volunteers.</p> <p><b>CANCELLATION AND MAKE-UP POLICY</b>                  No refunds will be provided for cancellations that are requested after classes begin. If you cancel <u>before</u> classes begin, we will refund your payment minus a \$10.00 administrative fee. To maintain the integrity of our classes we do not offer make-ups.</p> <p>_____                  NAME</p> <p>_____                  SIGNATURE</p> <p>_____                  DATE</p> <p style="text-align: center;">CONFIRMATION PREFERENCE:    <input type="checkbox"/> E-mail    <input type="checkbox"/> Phone</p>	<p><b>PAYMENT</b></p> <p><b>Total Amount Due</b> \$ _____</p> <p>Submit payment with your form.</p> <p>Make checks payable to <u>FAST</u>.</p> <p>Credit card payments may be made in person at any of our pools.</p>
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# Fullerton Aquatics Sports Team, Inc.

## The FAST Swim School

### PROGRAM DESCRIPTION

The FAST Swim School offers year-round lessons for infants, children, and adults. All FAST instructors are certified through **SwimAmerica**, the official lessons program of USA Swimming. The first priority of all classes is safety; and from this foundation, students learn mastery of all important swimming skills in an eight-step progression. Each of the eight levels has specific goals around which instructors build their classes.

### CLASS STRUCTURE

Children **aged four and over** are placed in small group classes with up to 3 other students. Private and Semi-Private lessons are also available. Children **aged six months to two years** are encouraged to begin in our Parent & Tot classes to develop comfort in the water. All lessons are 30 minutes in duration. Children **between the ages of two and four** are encouraged to take our Preschool classes so they can become comfortable in the water without a parent. These classes are 20 minutes long with three students per class. Our instructors are also highly qualified to work with adults, from those who fear the water to those looking to improve their swimming form or learn a new stroke.

### LOCATIONS

Classes are taught year-round at the Fullerton Community Center's indoor pool and seasonally outdoors at the Janet Evans Swim Complex at Independence Park in Fullerton, as well as the Troy Club in Yorba Linda. All pools are kept heated between 85 and 88 degrees.

### REGISTRATION

Class sizes are limited. Registration forms are only accepted when accompanied with payment. We highly recommend that you register in-person to ensure the greatest chance of your preferred day and time.

### CANCELLATIONS AND MAKE-UPS

No refunds will be provided for cancellations that are requested after classes begin. If you cancel before classes begin, we will refund your payment minus a \$10.00 administrative fee. Please allow 4 to 6 weeks for your refund to be processed and mailed. To maintain the integrity of our classes we do not offer make-ups.

### CONTACT INFORMATION

FAST's program director and administrators are available to answer questions every weekday beginning at 10:00 AM. Please call us or stop by one of our pools for more information or to register for lessons.

#### Janet Evans Swim Complex

801 West Valencia Drive  
Fullerton, CA. 92832  
(714) 773-5788

#### The Fullerton Community Center

340 West Commonwealth Avenue  
Fullerton, CA. 92832  
(714) 773-1302

#### Troy Club

5831 Lynbrook Plaza  
Yorba Linda, CA. 92886  
(714) 970-7455

### OTHER PROGRAMS

FAST has been developing champions and providing quality instruction to swimmers of all ages since 1964. Today FAST offers a wide variety of aquatics programs to serve anyone with a passion for swimming. Please visit our website to learn more about year-round swimming opportunities: [www.fastswimming.net](http://www.fastswimming.net).