

NAME: \_\_\_\_\_

BIRTHDATE: \_\_\_ / \_\_\_ / \_\_\_      AGE: \_\_\_\_\_      HOME PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_      NUMBER & STREET \_\_\_\_\_      CITY \_\_\_\_\_      STATE \_\_\_\_\_      ZIP \_\_\_\_\_

CLASS: \_\_\_\_\_      TIME: \_\_\_\_\_      SESSION: \_\_\_\_\_      COST: \_\_\_\_\_

CLASS: \_\_\_\_\_      TIME: \_\_\_\_\_      SESSION: \_\_\_\_\_      COST: \_\_\_\_\_

TOTAL: \_\_\_\_\_

If under 18, Parent's Name: \_\_\_\_\_

OFFICE USE ONLY: Amount Paid \_\_\_\_\_      Check # \_\_\_\_\_      Cash \_\_\_\_\_      Recv'd by \_\_\_\_\_



### REGISTRATION DATES

Registration for all summer aquatic programs will be held on Monday, May 18 and Wednesday, May 20 from 5:00 - 7:00 pm at the PHS Natatorium.

Registration forms for Parent/Child Aquatics and Swimming Lessons will be available at the Natatorium during registration times.

If you have questions, please contact Coach Terri Morse at 447-7242.

Instructors are certified in Water Safety Instruction, CPR and First Aid through the American Red Cross.

# Summer 2009

## Aquatics at PHS Natatorium



### PHS Natatorium

**447-7242**

## Parent/Child Aquatics

### *Little Swimmers Swim Pants Required*

Parents participate in the water with the children on a one-to-one basis. The program will promote water safety knowledge and practices, swimming readiness skills, fun and enjoyment.

Tuesdays & Thursdays  
June 2 - 25  
5:30 - 6:00 pm  
Age Group: 2 - 3 years of age  
Cost: \$30.00



- ◆ Changes are possible only before the first day of enrolled class.
- ◆ Early registration is strongly encouraged due to class quota.
- ◆ Payment is due upon registration.

## Family Night

Tuesdays & Thursdays  
7:30 - 8:30 pm  
June 2 - 25  
Cost: \$1.00

- ◆ Children under 13 MUST BE accompanied by a parent or legal guardian.
- ◆ Parents and legal guardians are also responsible for the admission cost regardless of age or whether they swim or not.
- ◆ NO Clothing allowed in the pool. Proper swim attire required. Shorts/T-shirts are NOT ALLOWED.

## Swimming Lessons

### *American Red Cross Learn to Swim Program*

Children will learn to relax and enjoy the water. Children will be given swim lesson. At the end of each session, after skills are mastered, children will move to the next level.

Monday - Thursday  
Session I: June 1 - 11  
Session II: June 15 - 25  
Age Group: 4 - 16 years of age  
Cost: \$30.00 per session



## Guard Start

A Junior Lifeguarding course that gives individuals the foundation and skills to be a future lifeguard.

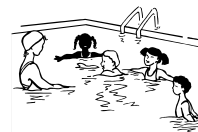
Monday - Thursday  
June 1 - 25  
1:00 - 2:00 pm  
Age Group: 11 - 14 years of age, must have completed level 5 of swimming lessons  
Cost: \$40.00, includes supplies



## Adult Swimming Lessons

Adults will learn to relax and enjoy the water. The class will cover the following swim techniques: front crawl, back crawl, floating, treading water, and water safety.

Mondays & Wednesdays  
June 1 - 24  
July 13 - 30  
6:15 - 7:00 pm  
Age Group: 17 years of age & older  
Cost: \$30.00 per session



## Adult Lap Swim

Monday—Thursday  
6:15 - 7:00 pm  
June 1 - 25  
Age Group: 21 years of age & older  
Cost: \$3.00 per swim

**Save \$13.00 with an Adult Lap Swim Pool Pass  
(16 visits/\$35.00)**

## Adult Water Aerobics

Adults will train to be physically fit with this low-impact activity class. Water aerobics is proven to be safe and effective. If your goal is to lose weight, be toned, and have fun, then this Water Aerobics program is for you.

Tuesdays & Thursdays  
6:15 - 7:00 pm  
June 2 - 25  
July 13 - 30  
Age Group: 17 years of age & older  
Cost: \$30.00 per session



## Pecos Aquatic Club Competitive Swimming

**Coach Lindsey Shaw  
448-2892**

Practice is four days a week and will include additional activities such as, bike riding, crafts, dry land workout, running, picnics, etc.

Monday - Thursday  
June 2 - 25  
July 13 - 30  
2:30 - 4:30 pm  
Age Group: 6 years of age & older, must have completed level 4 of swim lessons.  
Cost: \$40, includes additional activities