

All sessions : _____

\$40.00 (USD 501)

\$50.00 (Non-USD 501)

Method of payment:

Check / Cash

Total: \$ _____

Session: _____ Level: _____ Time: _____

Student's Name

Age

Parent/Guardian Name

Address

Primary Phone #

Email address

By signing below I fully understand there are dangers and risks to which I may be exposed by participation in water activities. I understand USD 501 does not require me to participate in these activities but I voluntarily proceed with the activity despite possible dangers and risks. I agree to assume my child's risks and responsibilities in addition to my own in any way associated with this activity. In consideration of, and in return for the services, facilities, and other assistance provided to me by the institution in this activity. I release USD 501, its employees and agents from any and all liability, claims and actions that may arise from injury or harm or death to myself or child, or damage to property in connection to these activities. I understand that this release covers liability, claims and actions caused entirely or in part by any act or failure to act by USD 501, its employees or agents included but not limited to negligence, mistake or failure to supervise by USD 501. I recognize that this entire release means I am giving up rights to pursue litigation against USD 501, its employees or agents for injuries, damages or losses that I may incur. I also understand that this release binds my heirs, executors, administrators and assigns, as well as myself.

Parent/Guardian Signature _____



Topeka Public Schools Summer Swim Lesson Program



Capitol Federal Natatorium at USD 501's Hummer Sports Park, an authorized provider of the American Red Cross Learn-to-Swim program, is offering comprehensive and effective instruction in both swimming and water safety.

We offer four two-week sessions for children, and two sessions for adults. Classes run Monday through Thursday for two weeks and last 45 minutes each, for a total of eight classes. Children's classes begin at 9:00 a.m., 10:00 a.m., 11:00 a.m., or 12:00 p.m.

All adult classes are 5:15-6:00 p.m. only. (14 years and older please)

Sessions: June 3rd- 14th

June 17th-28th

July 1st- 12th (4th of July to be made up on Fri. July 12th)

July 15th-26th



USD 501 Swim Lesson Information

Circle preferred session, level, and time.

Session 1 (6/3 - 6/14)	Level 1	9:00	10:00	11:00	12:00
	Level 2	9:00	10:00	11:00	12:00
	Level 3	9:00	10:00	11:00	12:00
	Level 4	9:00	10:00	11:00	12:00
	Level 5	9:00	-	11:00	-
Session 2 (6/17 - 6/28)	Level 1	9:00	10:00	11:00	12:00
	Level 2	9:00	10:00	11:00	12:00
	Level 3	9:00	10:00	11:00	12:00
	Level 4	9:00	10:00	11:00	12:00
	Level 5	-	10:00	-	12:00
	Adult	5:15 p.m. only			
Session 3 (7/1*- 7/12) *4th of July made up on Friday 7/12	Level 1	9:00	10:00	11:00	12:00
	Level 2	9:00	10:00	11:00	12:00
	Level 3	9:00	10:00	11:00	12:00
	Level 4	9:00	10:00	11:00	12:00
	Level 5	9:00	-	11:00	-
	Adult	5:15 p.m. only			
Session 4 (7/15- 7/26)	Level 1	9:00	10:00	11:00	12:00
	Level 2	9:00	10:00	11:00	12:00
	Level 3	9:00	10:00	11:00	12:00
	Level 4	9:00	10:00	11:00	12:00
	Level 5	-	10:00	-	12:00
	Level 6	-	-	11:00	-

Swim Lesson updates and cancellations will be on our website: hummersportspark.com and

[Twitter@hummersportspark](https://twitter.com/hummersportspark)

Swim Classes and Prerequisites

Level 1- (no prerequisites required)

Level 2-Prerequisites include: gliding, rolling from front to back, bobbing, blowing bubbles through nose/mouth, open eyes underwater, treading action, alternating and combined arm/leg action on front/back, can enter water using ladder, steps or side, and recover to vertical position

Level 3- Prerequisites include: holding breath and fully submerging, recover to vertical position, front, jellyfish & tuck floats, change direction while swimming on front/back, and enter water by stepping/jumping from side

Level 4- Prerequisites include: enter water by jumping from the side, rotary breathing, survival float, back float, treading water, headfirst entries from side of the pool, front crawl & elementary backstroke

Level 5- Passing of level 4 or equivalent.

Level 6- *Intro to competitive swimming.* For those interested in learning competition strokes, starts and turns. Must complete level five or by permission of instructor. Session 4 only.

Adult classes- Ages 14 and older. ***Second & third sessions only.*** Taught by an adult instructor.

Minimum age for all lessons is 3 years old and potty trained.

Please register in person at Capitol Federal Natatorium

530 SW Tuffy Kellogg Drive (near 6th & Randolph)

Questions? Contact natatorium coordinator Kirk Meier at 295-3751 or

Email: kmeier@tps501.org