



Youth Swim Refresher

Beginner I and II

Monday – Wednesday evenings

Oct 23-25 & 30- Nov. 1, 2017 (6 classes)

Time: 6:30pm to 7:20pm

BEGINNERS

Based on an assessment, skill development may include: bobbing, holding breath underwater, rhythmic breathing, floating, prone glide, back glide, underwater glide, leg kicks and arm mechanics, proper head position or rhythmic breathing, improving swim technique, sit-down dive, learning survival floating and acclimation to deep water. **For ages 5 and above only.** For questions, please call Mike Creason at 828-293-5364 or Educational Outreach at 828-227-7397 for additional information.

Advanced Beginner, Intermediate, Swimmer and Advanced Swimmer Refresher Skills.

Emphasis on proper technique on front crawl, back crawl, breast stroke, elementary backstroke, and side strokes on each side. Also survival skills in trading water, back float, survival float, stride jump, surface dives and underwater swim. **For ages 7 and above only!**

REGISTRATION – Youth Swim Refresher

Participant's First Name: _____ Last Name: _____ Age if under 18 _____
 Name of Parent or Guardian: _____
 Mailing address: _____
 City _____ State _____ Zip _____
 Phone: _____ Email: _____

If the participant is under the age of 18, the parent or legal guardian certifies that he/she has carefully read and understands this Assumption of Risk and Release/Waiver of Claims, (see website) and agrees to be bound by the terms contained herein. As the parent/legal guardian of this child, I hereby grant full permission for this child to participate in the swim program at Western Carolina University. I further acknowledge and give permission for the child to be photographed for educational or publicity purposes only.

Signature of Parent or Legal Guardian: _____
 Printed Name of Parent or Legal Guardian: _____ Date: _____

Registration Fee [] \$59.00
 Method [] Check enclosed payable to WCU [] Credit Card



Cardholders Name: _____ Signature: _____
 Card Number: _____ Expiration Date: _____

Pre-registration is required for all classes. Cancellation refunds, minus a \$10 processing fee, are available only until 3 business days prior to the class and must be received in writing. Additional registration forms are available at <http://learn.wcu.edu>. For questions, please contact Dr. Susan Fouts at 828-227-7397 or email: sfouts@wcu.edu.