

# Planning Your Summer Vacation?

This is the Calendar schedule for the 2011 Summer Swim Classes.

**Mail-In** Registration can be postmarked no earlier than April 22 to: Recreation Center, 5151 N Colony Blvd. The Colony TX 75056

**On-Line** Registration starts April 22 email [play@tcpard.com](mailto:play@tcpard.com) for info

**Walk-In** Registration starts May 3 at the Rec Center

**Phone-In** Registration starts May 3 at (972)625-1106



## 2011 Summer Swim Lesson Calendar

Pre Season Tue/Thur May 17-June 9

Session 1 June 13 through June 23

Session 2 June 27 through July 8 (Skip July 4)

Session 3 July 1 through July 21

Session 4 July 25 through August 4

Session 5 August 8 through August 18

***Summer Sessions will be held Mondays through Thursdays***

Volunteer Application Available

A Great summer program for kids, age 12 & older!

# Summer Swim Classes

## Swim Class Types

### Public Swim Classes

**Time:** 30 minutes, for 8 days

**Session Dates:** See Page 3

**Schedule:** See Page 4 & 5

**Prices:** - \$65/resident; \$75/non;

**Size-** 5-8 students in a class.

### Semi-Private Classes

**Time:** 30 minutes, for 8 days

**Session Dates:** See Page 3

**Schedule:** See Page 4 & 5

**Price-** \$110/resident; \$120/non

**Size-** 3-4 students in a class.

### Private - Summer Discount!!!

**Time:** 30 minutes, for 8 days

**Session Dates:** Must match session dates on page 3. No substitutions.

**Schedule:** Call for arrangements (972)624-2225

**Price-** \$200 per session

**Size-** one

### Individual Private Classes

**Time:** 30 minutes

**Dates:** dates & times arranged with instructor. Call to have an instructor contact you. (972) 624-2225

**Price-** \$30 per class

**Size-** one

## What to do during your child's class?

Please, stay and watch! **BUT** give our wonderful instructors plenty of teaching space.

Sit at least 20 feet back from the pool edge. We have tables, shade and comfortable lounge chairs.

## Photos!

Throughout the course, our photographer will be taking pictures of your classes. These will be available through an on-line photo business. A link will be available in the Aquatics web site. at [www.TCPard.com](http://www.TCPard.com).

## Instructor info

You will be "wowed" by our fabulous instructors. Many are old timers, teaching for us more than 10 years. Even our youngest instructors have a history of several years as Volunteens (Assistant Swim Instructors) before they became formally certified. They have personality, brains and the drive to get your child swimming at his/her best.

## Volunteens

Those great assistants helping with the classes are ages 12 & older. The program gives work experience, team building skills and can be a lot of fun!

Volunteens get discounts towards Public Swim, kayaking & Lifeguard Training. The application is on Page 12. Spread the word!



**American  
Red Cross**

*Together, we can save a life*

## Skill Descriptions

These descriptions should help you select the most appropriate skill level for your swimmer. You child should be able to comfortably complete the "Exit Skills" from a level lower than the class you select.

## Hydrotots!

**Suggested ages: Infant - 3**  
Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The classes are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit your entire family can enjoy.

## Skills:

Provides experiences and activities for children to—  
Learn to ask for permission before entering the water.  
Establish expectation for adult supervision.  
Learn how to enter & exit the water in a safe manner.  
Feel comfortable in the water.  
Explore submerging to the mouth, nose and eyes and fully submerging. Tots who are ready will start submerging in a rhythmic pattern.  
Explore buoyancy on the front & back position.  
Change body position in the water.  
Glide on the front & back with assistance.  
Tots, who are ready, will perform combined stroke on front & back with assistance.  
Learn how to play safely.  
Experience wearing a U.S. Coast Guard-approved life jacket. Plus age-appropriate water safety topics.

# HydroTot Skills (6 mo.- 3 year olds)

## SKILL

Holding and Support Techniques	Face to Face Back to Chest Side to Side
Working with the Child	Cueing
Water Adjustment Entry and Exit	Seated Entries Ladders Jumping in
Breath Control	Blowing Bubbles on the surface Blowing Bubbles with mouth and nose submerged Underwater exploration Submerging mouth nose and eyes
Buoyancy on Front	Front float Front glide
Buoyancy on Back	Back float Back glide
Changing Direction	Roll from front to back Roll from back to front
Swim on Front	Passing from instructor to parent Leg action Combined stroke with assistance
Swim on Back	Passing from instructor to parent Leg action Combined stroke with assistance
Water Safety	Life jacket safety, How to call for help and the importance of first aid and CPR, Basic water safety rules, Water Safety around the home, RWI's and Sun safety

# Preschool Course Description

## Seahorse Preschool

**(Suggested ages: late 3–5 years old)**

Orients children to the aquatic environment and helps them gain basic aquatic skills.

### **Physical Goals:**

Enter and exit water using ladder, steps or side  
Blow bubbles through mouth and nose (3 sec)  
Submerge mouth, nose and eyes  
Open eyes under water and retrieve submerged objects  
Front and back glides (2 body lengths)

Recover from a front glide to a vertical position  
Back float (3 sec) and recover to a vertical position  
Roll from front to back and back to front  
Tread with arm and hand actions  
Alternating and simultaneous leg actions on front and back (2 body lengths)  
Alternating and simultaneous arm actions on front and back (2 body lengths)  
Combined arm and leg actions on front & back (2 body lengths)

### **Safety Topics:**

Life Jacket Use  
Staying safe, including recognizing an emergency & knowing how to call for help  
Learn how to stay safe in, on & around the water, including the use of a life jacket, recognizing lifeguards and sun safety.

### **Exit Skills** (Done with support)

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge mouth and blow bubbles for at least 3 seconds then safely exit the water (children can walk, move along the gutter or “swim”)
2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

## Jellyfish Preschool

**ages: late 3–5 years old)**

### **Physical Goals:**

Enter water by stepping in  
Exit water using ladder, steps or side  
Bobbing (3 times)  
Open eyes under water and retrieve submerged objects  
Front(3 sec)& back floats (5 sec) & glides (2 body lengths)  
Recover from a front and back float or glide to a vertical position  
Roll from front to back and back to front  
Tread water using arm and leg actions (5 sec)  
Combined arm and leg actions on front and back(3 body lengths)  
Finning arm action on back

### **Safety Topics:**

Life Jacket Use  
Staying safe, including recognizing an emergency & knowing how to call for help  
How to recognize lifeguards  
Sun Safety

### **Exit Skills**

1. Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
2. Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
3. Swim using combined arm & leg actions on front for 3 body lengths, roll to back float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

## Puffer Preschool

**ages: late 3–5 years old)**Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

### **Physical Goals:**

Enter water by jumping in  
Fully submerge and hold breath(5 sec)  
Bobbing(5 times)  
Front, jellyfish and tuck floats (5 sec)  
Recover from a front and back float or glide to a vertical position  
Back float (15 sec)& glide (2 body lengths)  
Change direction of travel while swimming on front or back  
Tread water using arm and leg actions (15 sec)  
Combined arm and leg actions on front and back (5 body lengths)  
Finning arm action on back (5 body lengths)

### **Safety Topics:**

Life Jacket Use  
Staying safe, including recognizing an emergency & knowing how to call for help  
How to recognize lifeguards  
Sun Safety

### **Exit Skills**

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
3. Push off & swim using combined arm & leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (child can be assisted when taking a breath)

**Preschoolers completing this course may progress to the Learn To Swim Level 3.**

# Preschool Skill Comparison (Late 3-5 Year olds)

SKILL	Seahorses	Jellyfish	Puffer
Water Entry/Exit	Enter & exit independently	Demonstrate entrance w/ assistance in shoulder deep water. Demonstrate independent exit in chest deep.	Jumping in independently into shoulder deep water.
Breath Control	Blowing bubbles (3 sec) Open eyes under H2O (2X) Submerge mouth, nose, & eyes	Bobbing (3X) w/ support; Open eyes under H2O (2X) Retrieving submerged objects in chest deep water independently.	Fully submerged, holding breath (5 sec); Demo Bobbing independently (5X) in chest deep water.
Buoyancy on Front	Front glide (2 lengths); Recover from front glide to vertical position; Both, with support.	Front float (2 sec); Front glide (2 body lengths) Recover from front float or glide to vertical position All, with assistance.	Independent demo (5 sec) Front float jellyfish float tuck float; Independent recovery from float to vertical.
Buoyancy on Back	Back glide (2 lengths); Recover from back glide to vertical position; Both, with support.	Back float (5 sec); Back glide (2 body lengths) Recover from back float or glide to vertical position All, with assistance.	Back float (15 sec); Back glide (2 body lengths); Recover from float to vertical. ALL independently
Changing Direction	Roll from front to back; Roll from back to front; Both, with support.	Roll from front to back; Roll from back to front; Both, with assistance.	Independently change direction of travel while swimming on front or back
Treading	Explore arm and hand actions in chest deep water	Demo arm & leg motions (5 sec) in shoulder deep water with assistance.	Demo arm & leg motions (15 sec) in shoulder deep water, independently.
Swim on Front	Demo w/ support (2 lengths) Alternate leg action; Simultaneous leg action; Alternate arm action; Simultaneous arm action; Combined arm & leg action	Combined arm & leg action(3 body lengths) with assistance.	Combined arm & leg action(5 body lengths) independently.
Swim on Back	Demo w/ support (2 lengths) Alternate leg action; Simultaneous leg action; Alternate arm action; Simultaneous arm action; Combined arm & leg action	Combined arm & leg .....action(3 body lengths) .....with assistance.  Finning arm action (3 body lengths) with assistance.	Combined arm & leg action(5 body lengths) independently. Finning arm action (5 body lengths) independently.

**Preschoolers, completing Puffer may jump to Level 3**

# Level 1-3 Courses

## Level 1

### (Ages 6 & older)

Helps participants feel comfortable in the water.

#### **Physical Goals:**

Enter and exit water using ladder, steps or side  
Blow bubbles through mouth and nose(3 sec)  
Bobbing (3 X)  
Open eyes under water and retrieve submerged objects(2 x)  
Front and back glides (2 body lengths) and floats(3 sec)  
Recover to vertical position

Roll from front to back and back to front

Tread water using arm and hand actions

Alternating and simultaneous leg actions on front and back (2 body lengths)

Alternating and simultaneous arm actions on front and back(2 body lengths)

Combined arm and leg actions on front and back (2 body lengths)

#### **Safety Topics:**

Learn how to stay safe, including recognizing an emergency & knowing how to call for help.

Learn how to stay safe in, on & around the water, including the use of a life jacket, recognizing lifeguards and sun safety.

#### **Exit Skills**

Successfully complete the following exit skills assessment:

1. Enter independently, using either the ladder, steps for side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim".)
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds & recover to a vertical position. (This part of the assessment can be performed with support.)

## Level 2

### Fundamental Aquatic Skills (Ages 6 & older)

Builds success through fundamentals.

#### **Physical Goals:**

Enter and exit water by stepping or jumping from the side  
Fully submerge and hold breath (2 sec)  
Bobbing (5 Xs)  
Open eyes under water and retrieve submerged objects (2Xs)  
Front, jellyfish and tuck floats(5 sec)  
Front & back glides(2 body lengths)& floats(15 sec)  
Recover to vertical position  
Roll from front to back and back to front  
Change direction of travel while swimming on front or back  
Tread water using arm and leg actions (15 sec)  
Combined arm and leg actions on front and back (5 body lengths)  
Finning arm action (5 body lengths)

#### **Safety Topics:**

Learn how to stay safe, including recognizing an emergency, knowing how to call for help & perform simple nonswim assists.  
Learn how to stay safe in, on & around the water, including the use of a life jacket, recognizing lifeguards and sun safety.

Learn to look carefully before entering the water.

Learn what to think about & what to do when exhausted or caught in a dangerous situation.

#### **Exit Skills**

Demonstrate competency in all required skills & activities, including in-water skills.

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then vertical.
3. Push off & swim using combined arm & leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (child can be assisted when taking a breath)

## Level 3

### Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water.

#### **Physical Goals:**

Enter water by jumping from the side  
Headfirst entries from the side in sitting and kneeling positions (into deep water)  
Bobbing while moving toward safety(5 Xs)  
Rotary breathing(10 Xs)  
Survival float(30 sec)  
Back float(30 sec)  
Change from vertical to horizontal position on front and back  
Tread water (30 sec)  
Flutter and dolphin kicks on front (3-5 body lengths)  
Scissors kick(10 yds)  
Front crawl and elementary backstroke (15 yds)

#### **Safety Topics:**

Learn to look carefully before entering water

Learn to perform simple non-swimming assists

Learn to recognize, prevent and respond to cold water emergencies.

#### **Exit Skills**

Demonstrate competency in all required skills & activities, including in-water skills.

1. Successfully complete the following exit skills assessment: Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water & rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds & swim back crawl for 15 yards.

# Skill Comparison (age 6 & older)

SKILL	Level 1	Level 2	Level 3
Water Entry/Exit	Enter & exit independently	Independent demo: Entrance in shoulder deep water. Exit in chest deep.	Independent demo in deep water (9ft): Jump in from side; sitting dive kneeling dive
Breath Control	Blowing bubbles (3 sec) Open eyes under H2O (3X) Submerge mouth, nose, & eyes (2X)	Independent demo: Submerge holding breath (5 sec); Bobbing (5X); Retrieving objects (2X).	Independent demo: Bobbing to safety(5X); Rotary breathing (10X).
Buoyancy on Front	Front glide (2 lengths); Recover from front glide to vertical position; Both, with support.	Independent demo ea. (5 sec): front float, jellyfish float, tuck float; Independent recovery from float to vertical. Front glide (2 body lengths)	Independent demo: Survival float (30 sec)
Buoyancy on Back	Back float (3 sec) Back glide (2 lengths); Recover from back glide to vertical position; Both, with support.	Independent demo each: Back float (15 sec); Back glide (2 body lengths) Recover from back float or glide to vertical position	Independent demo: Back float (30 sec)
Changing Direction	Roll from front to back; Roll from back to front; Both, with support.	Independent demo each: Roll from front to back; Roll from back to front; Change direction while swimming on front or back.	Independent demo in deep water: change from vertical to horizontal position in both back & front floats.
Treading	Explore arm and hand actions in chest deep water	Independent demo arm & leg motions (15 sec) in shoulder deep water.	Independent demo in deep water: tread (30 sec)
Swim on Front	Demo w/ support (2 lengths) Alternate leg action; Simultaneous leg action; Alternate arm action; Simultaneous arm action; Combined arm & leg action	Independent demo: Combined arm & leg action(5 body lengths) with assistance.	Independent demo each: Flutter kick (3-5 lengths); Dolphin kick (3-5 lengths); Front crawl (15 yards)
Swim on Back	Demo w/ support (2 lengths) Alternate leg action; Simultaneous leg action; Alternate arm action; Simultaneous arm action; Combined arm & leg action	Independent demo: Combined arm & leg .....action(5 body lengths) .....with assistance. Finning arm action (5 lengths)	Independent demo: Elementary Back (15 yds); <b>ALSO</b> Scissors kick (10 yds).

Preschoolers, completing Puffer may jump to this level

# Level 4-6 Courses

## Level 4

### Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills.

Headfirst entries from the side in compact and stride positions (into deep water)  
Swim under water (3-5 body lengths)  
Feetfirst surface dive  
Survival swimming (30 sec)  
Front crawl and backstroke open turns  
Tread water using 2 different kicks (2 min)  
Front and back crawl, elementary backstroke, breaststroke, sidestroke & butterfly (15 yds)  
Flutter and dolphin kicks on back (3-5 body lengths)

### Safety Topics:

Learn to look carefully before entering water  
Learn what to think about & what to do when exhausted or caught in a dangerous situation.  
Learn to perform simple non-swimming assists  
Learn about recreational water illnesses & how to prevent them

### Exit Skills

Demonstrate competency in all required skills & activities, including in-water skills.  
Successfully complete the following exit skills assessment:  
1. Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction & position as necessary & swim elementary backstroke for 25 yards.  
2. Swim breaststroke for 15 yards, change direction & position as necessary & swim back crawl for 15 yards.

## Level 5

### Stroke Refinement

Provides further coordination and refinement of strokes.

### Physical Goals:

Shallow-angle dive from the side then glide and begin a front stroke (in deep water)  
Tuck and pike surface dives, submerge completely  
Front flip turn and backstroke flip turn while swimming  
Tread water (5 min)  
Front crawl & elementary backstroke(50 yds)  
Back crawl, breaststroke, sidestroke & butterfly(25 yds)  
Sculling (30 sec)

### Safety Topics:

Learn to look carefully before entering water  
Learn what to think about & what to do when exhausted or caught in a dangerous situation.  
Learn to perform simple non-swimming assists  
Learn about recreational water illnesses & how to prevent them  
Learn how to call for help & the importance of knowing first aid & CPR  
Learn basic safety guidelines for participating in aquatic activities at waterparks.

### Exit Skills

Demonstrate competency in all required skills & activities, including in-water skills.  
Successfully complete the following exit skills assessment:  
1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction & position of travel as necessary & swim elementary backstroke for 50 yards.  
2. Swim breaststroke for 25 yards, change direction & position of travel as necessary & swim back crawl for 25 yards.

## Level 6

### Swimming & Skill Proficiency

Refines the strokes so participants swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed to focus on preparing participants for more advanced courses, including the Water Safety instructor course, or other aquatic activities, such as competitive swimming or diving.

### Physical Goals:

100 yards of front crawl & elementary backstroke.  
50 yards of back crawl, breaststroke, sidestroke, & butterfly.  
Turns: front crawl open, backstroke open, front flip, backstroke flip, sidestroke, butterfly and breaststroke.  
Review of HELP, Huddle, feetfirst surface dive, tuck surface dive, pike surface dive, back float, survival float, & survival swimming.  
2 Min tread (kicking only).

### Exit Skills:

1. Swim continuously 500 yards using any 3 strokes of your choice, swimming at least 50 yards of each stroke.  
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.  
3. Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to surface & return to starting point.

# Skill Comparison (age 6 & older)

SKILL	Level 4	Level 5	Level 6
Water Entry/Exit	Headfirst entries into 9' H2O in both compact and stride positions	Shallow angle dive Shallow angle dive, glide (2 body lengths) & begin front stroke.	
Breath Control	Swim underwater (3-5 body lengths) Feetfirst Surface Dive	Tuck surface dive. Pike surface dive.	Review surface dives: pike, tuck, feetfirst. Surface dive, retrieve object from deep water
Buoyancy	Survival Swimming (30 sec)		Back float (5 min) Survival float (5 min) Survival Swimming (10X) HELP & Huddle positions
Changing Direction	Front crawl open turn Backstroke open turn	Front flip turn while swimming Backstroke flip turn while swimming.	Turns: front crawl open, backstroke open, front flip, backstroke flip, sidestroke turn, butterfly turn, breaststroke
Treading	Tread water (2 min) using 2 different kicks (modified scissors, modified breaststroke or rotary)	Tread (5 min)	Treading, kicking only (2 min)
Swim on Front	Front crawl (25 yds) Breaststroke (15 yds) Butterfly (15 yds)	Front crawl (50 yds) Breaststroke (25 yds) Butterfly (25 yds)	Front crawl (100 yds) Breaststroke (50 yds) Butterfly (50 yds)
Swim on Back	Flutter kick (3-5 body len) Dolphin kick (3-5 body len) Elementary back (25 yds) Back crawl (15 yds)	Sculling (30 sec) Elementary back (50 yds) Back crawl (25 yds)	Elementary back (100 yds) Back crawl (50 yds)
Swim on Side	Sidestroke (15 yds)	Sidestroke (25 yds)	Sidestroke (50 yds)

# Swim Lessons

Mondays and Wednesdays : May 16 - June 8

10:45 - 11:15am		SEAHORSE : 421007-SD	JELLYFISH : 421008-SD	PUFFER : 421009-SD
11:30 - 12 noon	HYDROTOTS : 421006-SE	SEAHORSE : 421007-SE		PUFFER : 421009-SE
12:15 - 12:45pm		SEAHORSE : 421007-SF	JELLYFISH : 421008-SF	PUFFER : 421009-SF
5:40 - 6:10pm		JELLYFISH : 421008-SK	PUFFER : 421009-SK	LEVEL 2 : 421002-SK
6:20 - 6:50pm	HYDROTOTS : 421006-SL	SEAHORSE : 421007-SL		LEVEL 1 : 421001-SL
7:00 - 7:30pm	HYDROTOTS : 421006-SM	SEAHORSE : 421007-SM	JELLYFISH : 421008-SM	



## Choosing Classes

A thumbnail of class descriptions is on page 17. For a complete description of swim class skills, please check out the Aquatics section at [www.tcpard.com](http://www.tcpard.com) or visit The Colony Aquatic Park.

Classes shown in **PINK** are Semi-private classes with 3 - 4 students maximum. Session fees are \$110/resident and \$120/non-resident.

Classes shown in **BLACK** are Group classes with 6 - 8 students. Session fees are \$65/resident and \$75/non-resident.

Facility Address: 5580 N. Colony Blvd.

## Summer Session 1

Mondays through Thursdays : June 13 - June 23

10:00 - 10:30am	SEAHORSE : 421017-C			LEVEL 2 : 421012-C	LEVEL 3 : 421013-C	LEVEL 4 : 421014-C
10:45 - 11:15am		JELLYFISH : 421018-D	PUFFER : 421019-D	LEVEL 1 : 421011-D		LEVEL 4 : 421014-D
11:30 - 12 noon	HYDROTOTS : 421016-E	SEAHORSE : 421017-E	PUFFER : 421019-E	LEVEL 3 : 421013-E		
12:15 - 12:45pm		SEAHORSE : 421017-SF	JELLYFISH : 421018-SF	LEVEL 3 : 421013-SF		
6:00 - 6:30pm					LEVEL 4 : 421014-SK	LEVEL 4 : 421014-K
6:30 - 7:00pm	HYDROTOTS : 421016-L	SEAHORSE : 421017-L	LEVEL 1 : 421011-L	LEVEL 2 : 421012-L	LEVEL 3 : 421013-SL	LEVEL 5 : 421015-SL
7:05 - 7:35pm	HYDROTOTS : 421016-M	SEAHORSE : 421017-M	JELLYFISH : 421018-M	LEVEL 2 : 421012-M	LEVEL 3 : 421013-SM	LEVEL 4 : 421014-SM
7:40 - 8:10pm		SEAHORSE : 421017-N	PUFFER : 421019-N	LEVEL 1 : 421011-N	LEVEL 3 : 421013-N	
8:15 - 8:45pm		SEAHORSE : 421017-SO	JELLYFISH : 421018-SO	PUFFER : 421019-SO	LEVEL 3 : 421013-SO	

## Summer Session 2

Mondays through Thursdays : June 27 - July 8 (July 8th will be substituted for the 4th)

10:00 - 10:30am	SEAHORSE : 421027-C			LEVEL 2 : 421022-C	LEVEL 3 : 421023-C	LEVEL 4 : 421024-C
10:45 - 11:15am		JELLYFISH : 421028-D	PUFFER : 421029-D	LEVEL 1 : 421021-D		LEVEL 4 : 421024-D
11:30 - 12 noon	HYDROTOTS : 421026-E	SEAHORSE : 421027-E	PUFFER : 421029-E	LEVEL 3 : 421023-E		
12:15 - 12:45pm		SEAHORSE : 421027-SF	JELLYFISH : 421028-SF	LEVEL 3 : 421023-SF		
6:00 - 6:30pm					LEVEL 4 : 421024-SK	LEVEL 4 : 421024-K
6:30 - 7:00pm	HYDROTOTS : 421026-L	SEAHORSE : 421027-L	LEVEL 1 : 421021-L	LEVEL 2 : 421022-L	LEVEL 3 : 421023-SL	LEVEL 5 : 421025-SL
7:05 - 7:35pm	HYDROTOTS : 421026-M	SEAHORSE : 421027-M	JELLYFISH : 421028-M	LEVEL 2 : 421022-M	LEVEL 3 : 421023-SM	LEVEL 4 : 421024-SM
7:40 - 8:10pm		SEAHORSE : 421027-N	PUFFER : 421029-N	LEVEL 1 : 421021-N	LEVEL 3 : 421023-N	
8:15 - 8:45pm		SEAHORSE : 421027-SO	JELLYFISH : 421028-SO	PUFFER : 421029-SO	LEVEL 3 : 421023-SO	

# Swim Lessons

19

## Summer Session 3

Mondays through Thursdays : July 11 - July 21

10:00 - 10:30am	SEAHORSE : 421037-C			LEVEL 2: 421032-C	LEVEL 3 : 421033-C	LEVEL 4 : 421034-C
10:45 - 11:15am		JELLYFISH : 421038-D	PUFFER : 421039-D	LEVEL 1 : 421031-D		LEVEL 4 : 421034-D
11:30 - 12 noon	HYDROTOTS : 421036-E	SEAHORSE : 421037-E	PUFFER : 421039-E	LEVEL 3 : 421033-E		
12:15 - 12:45pm		SEAHORSE : 421037-SF	JELLYFISH : 421038-SF	LEVEL 3 : 421033-SF		
6:00 - 6:30pm					LEVEL 4 : 421034-SK	LEVEL 4 : 421034-K
6:30 - 7:00pm	HYDROTOTS : 421036-L	SEAHORSE : 421037-L	LEVEL 1 : 421031-L	LEVEL 2 : 421032-L		LEVEL 5 : 421035-SL
7:05 - 7:35pm	HYDROTOTS : 421036-M	SEAHORSE : 421037-M	PUFFER : 421039-M	LEVEL 2 : 421032-M		LEVEL 4 : 421034-SM
7:40 - 8:10pm		JELLYFISH: 421038-N	PUFFER : 421039-N	LEVEL 1 : 421031-N	LEVEL 3 : 421033-N	
8:15 - 8:45pm		SEAHORSE : 421037-SO	JELLYFISH : 421038-SO	PUFFER : 421039-SO	LEVEL 3 : 421033-SO	

## Summer Session 4

Mondays through Thursdays : July 25 - August 4

10:00 - 10:30am	SEAHORSE : 421047-C				LEVEL 3 : 421043-C	LEVEL 4 : 421044-C
10:45 - 11:15am		JELLYFISH : 421048-D	PUFFER : 421049-D	LEVEL 1 : 421041-D		
11:30 - 12 noon	HYDROTOTS : 421046-E	PUFFER : 421049-E	LEVEL 2 : 421042-E			
12:15 - 12:45pm		SEAHORSE : 421047-SF	JELLYFISH : 421048-SF	LEVEL 3 : 421043-SF		
6:00 - 6:30pm					LEVEL 4 : 421044-SK	LEVEL 4 : 421044-K
6:30 - 7:00pm		SEAHORSE : 421047-L	PUFFER : 421049-L			LEVEL 5 : 421045-SL
7:05 - 7:35pm	HYDROTOTS : 421046-M		JELLYFISH : 421048-M	LEVEL 2 : 421042-M		
7:40 - 8:10pm			JELLYFISH: 421048-N		LEVEL 2 : 421042-SN	LEVEL 3 : 421043-N
8:15 - 8:45pm	SEAHORSE : 421047-SO			LEVEL 1 : 421041-SO	LEVEL 3 : 421043-SO	

## Summer Session 5

Mondays through Thursdays : August 8 - August 18

10:00 - 10:30am				LEVEL 2: 421052-C	LEVEL 3 : 421053-C	LEVEL 4 : 421054-C
10:45 - 11:15am		JELLYFISH : 421058-D	PUFFER : 421059-D	LEVEL 1 : 421051-D		
11:30 - 12 noon	HYDROTOTS : 421056-E	SEAHORSE : 421057-E		LEVEL 3 : 421053-E		
12:15 - 12:45pm		SEAHORSE : 421057-SF	JELLYFISH : 421058-SF	LEVEL 3 : 421053-SF		
6:00 - 6:30pm					LEVEL 4 : 421054-SK	
6:30 - 7:00pm		SEAHORSE : 421057-L	PUFFER : 421059-L	LEVEL 1 : 421051-L		LEVEL 5 : 421055-SL
7:05 - 7:35pm	HYDROTOTS : 421056-M		JELLYFISH : 421058-M	LEVEL 2 : 421052-M		
7:40 - 8:10pm			PUFFER : 421059-N	LEVEL 1 : 421051-N	LEVEL 3 : 421053-N	
8:15 - 8:45pm	SEAHORSE : 421057-SO	JELLYFISH : 421058-SO		LEVEL 1 : 421051-SO		

Classes shown in **PINK** are Semi-private classes with 3 - 4 students maximum. Session fees are \$110/resident and \$120/non-resident.

Classes shown in **BLACK** are Group classes with 5 - 8 students. Session fees are \$65/resident and \$75/non-resident.

# The Colony Aquatic Park



# 2011

## VOLUNTEER APPLICATION

(Assistant Swim Instructor Program)

Thanks for your interest in our summer program. This is a great activity for kids, ages 12 and older. You will make new friends, learn fantastic skills, and be part of a team. We want to know about your availability, so please fill out this form and return it to the Aquatic Park or Rec Center soon!

Please turn in this form ***before*** May 7th

***Mandatory One Day*** Orientation For ***NEW*** Volunteers  
Pick ***One Date*** May 7th or May 21st

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Phone Number \_\_\_\_\_ Parents E-Mail \_\_\_\_\_

Emergency Number \_\_\_\_\_

*\*Each Volunteer must have a current Rec Trac Family Registration Form on file.*

Parents' Names \_\_\_\_\_

Mark the sessions that you can work.

It is important that you can work the ***entire*** session.

Session 1 June 13 through June 23

Session 2 June 27 through \*July 8

*\* No Class July 4 MAKE UP DAY IS JULY 8*

Session 3 July 11 through July 21

Session 4 July 25 through August 4

Session 5 August 8 through August 18

*Classes will be held Mondays through Thursdays Rain Make-Up Days on Fridays*

Can you work \_\_\_\_\_ mornings? \_\_\_\_\_ evenings?

Were you ever a student in Swim Lessons? \_\_\_\_\_ What Level did you complete? \_\_\_\_\_

# REC TRAC FORM



**ONLINE REGISTRATION:** To be eligible for online registration, your family needs to be in the Parks & Recreation Department's RecTrac computer system. If you are unsure if your family is in the computer system, please call (972)625-1106 to verify. Once in the computer system, please contact PARD at (972)625-1106 or play@tcpard.com for information on how to become an online registration user. Online registration can be found at <https://online.tcpard.com>. Online registration begins Friday, April 22rd.



**MAIL-IN REGISTRATION:** Mail-in registration may be post-marked no earlier than Friday, April 22rd. Mail-in registration should be sent to The Colony Parks and Recreation Department, Attn: Summer Registration, 5151 N. Colony Blvd., The Colony, TX 75056.



**PHONE-IN REGISTRATION:** Phone-in registration will begin on Monday, May 2nd at (972)625-1106. To be eligible for phone-in registration, your family needs to be in the Parks & Recreation Department's RecTrac computer system. If you are unsure if your family is in the computer system, please call (972)625-1106 to verify. All phone-in registration payments must be in the form of Visa, Mastercard, American Express or Discover.



**WALK-IN REGISTRATION:** Walk-in registration will begin on Monday, May 2nd at The Colony Recreation Center, located at 5151 N. Colony Blvd.

**(PLEASE PRINT NEATLY)**

Family's Last Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent Name: \_\_\_\_\_ M / F DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Work/Cell Phone: \_\_\_\_\_

Spouse: \_\_\_\_\_ M / F DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Work/Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Child: \_\_\_\_\_ M / F DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Child: \_\_\_\_\_ M / F DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Child: \_\_\_\_\_ M / F DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Child: \_\_\_\_\_ M / F DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Child: \_\_\_\_\_ M / F DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

**For Office Use Only**  
RecTrac Household #:

**Entered By:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Release:** The undersigned "Participant(s)", individually and as next friend for my/our minor child/children (if applicable), desires to participate in activities of the City of The Colony, Texas (the "City"), relating to the City's Parks and Recreation Department, and have made application to participate in such activities. For and in consideration of that participation, I/We do hereby release, acquit and forever discharge the City, its officers, agents and employees from and against any and all liability, claims, actions, causes of action, lawsuits, cost, fees or expenses relating to or arising out of any and all injuries or damage which may result or arise from or out of my/our participation in such activities. I/We hereby assume the responsibility for any and all risk of participating in such activities. Also, I hereby consent to use of photos or videos of my participation in Parks and Recreation Dept. activities to be used for promotional purposes.

The terms of this Release are contractual and not merely recitals. I/We further state that I/We have read this Release, know and understand its contents, and sign the same as my own free act and deed.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Spouse Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**OVER** →