



ADULT LEARN-TO-SWIM REGISTRATION FORM



Thank you for your interest in Indy Aquatic Masters' **Adult Learn-to-Swim program**. In conjunction with the **US Masters Swimming's Adult Learn-to-Swim program** who has endorsed the American Red Cross "Five Competencies," we will provide each swimmer with the skills needed to save themselves in an emergency situation. These skills include entering water over your head, treading water, swimming 25 yards unassisted, having the ability to exit water after swimming, and exiting without a ladder. We do this by providing a program that has a 1 to 3 instructor to student ratio, and is tailored so that once a skill is mastered, you automatically progress to the next level. All adults are welcomed from those who have a fear of the water to those who wish to learn how to swim faster and better.

INSTRUCTIONS

1. Complete the information on both pages of the Registration Form and indicate your payment option. The lesson pricing is below.
2. Submit this registration form to Indy Aquatic Masters, P.O. Box 30145, Indianapolis, IN 46230. Enclose a check, if applicable, made payable to *Indy Aquatic Masters*. You may also scan / email your form to billing@indyaquaticmasters.com.

Name: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip _____

Home Phone: _____ Cell: _____ Work Phone: _____

Email address: _____

Emergency Contact: _____

Cell Phone: _____ Alternate Phone: _____

PROGRAM LEVEL (check one): **Beginners** **Intermediate** **Advanced**

Beginners (Level 1): This is a beginner level class for swimmers with little or no experience. We will cover the basics of swimming strokes and water safety including overcoming fear of the water, floating, gliding, stroke introduction, and deep water skills. *(Offered at JCC and Lawrence North locations.)*

Intermediate (Level 2): This is an intermediate-level class for swimmers with moderate experience who are already comfortable in the water. We will focus on skill development, including breathing, building endurance, deep water comfort, and treading water. Strokes will also be developed. *(Offered at Lawrence North HS location only.)*

Advanced (Level 3): Level 3 swim lessons are ideal for the swimmer who wishes to further develop their swim technique and efficiency. These participants are looking to compete in triathlons or join a Masters program. Participants will explore flip turns, stroke refinement, and alternate breathing techniques. Use of training tools such as pull buoys, kickboards and hand paddles will also be introduced. *(Offered at Lawrence North HS location only.)*

PROGRAM LOCATION (check one):

- Jewish Community Center (JCC), 6701 Hoover Rd, Indianapolis, IN 46260
 Lawrence North High School (LNHS), 7802 Hague Rd, Indianapolis, IN 46256

PROGRAM SESSION (check one):

- JCC, 8 lessons, Jun 7 – Jun 30 (Mon/Wed, 7:00 – 7:45 pm) \$100
 JCC, 8 lessons, Jul 12 – Aug 4 (Mon/Wed, 7:00 – 7:45 pm) \$100
 JCC, 8 lessons, Jun 8 – Jul 1 (Tues/Thur, 6:30 – 7:15 pm) \$100
 JCC, 8 lessons, Jul 13 – Aug 5 (Tues/Thur, 6:30 – 7:15 pm) \$100
 LNHS, 8 lessons, Jul 6 – Jul 29 (Tues/Thur 6:30 – 7:15 pm) \$100

GETTING TO KNOW YOU:

1. Please list any previous swimming experience you have:

2. Please let us know your expectations from these lessons:

3. Please let us know of any medical issues you would like the instructor to be aware of:

PAYMENT OPTIONS (check one): **Check** **Credit Card (Mastercard or Visa only)**

Debit/Credit Card # _____

Expiration Date: _____

We are a 501(c)(3) organization. Contributions to our program are appreciated. Your contribution is tax deductible. \$ _____
_____ Check here if you wish to **NOT** be recognized for your contribution.

If you elect the Credit Card option, then you authorize Indy Aquatic Masters to charge your credit card account for the full Registration amount indicated in the session selected on page 1. Registration is non-refundable and non-transferable. I understand and agree to the terms stated herein.

Signature: _____ Today's Date: _____

Thank you for registering for Indy Aquatic Masters' Adult Learn-to-Swim program. Once your registration has been processed, you will receive a confirmation email confirming the class schedule and location. We look forward to working with you in the coming weeks to increase your comfort and ability levels in the water. Should you have any questions before the program session begins, please contact Indy Aquatic Masters, either by email at info@indyaquaticmasters.com or by phone at 317.537.7946.



This program is made possible in part due to the support received from the [Swimming Saves Lives Foundation](#).