

2024 Chitek Lake Swimming Registration Form

SWIM FOR LIFE PROGRAM \$75 for Full 2-week lesson (\$45 for 1 week)

PLEASE FILL OUT A FORM FOR EACH SWIMMER YOU ARE REGISTERING, PAYMENT CAN BE MADE AS A LUMP SUM

PLEASE SELECT ONE:

FULL LESSONS July 15 – July 26 _____

WEEK 1 July 15 – July 19 _____

WEEK 2 July 22 to July 26 _____

DATE:	NAME:	AGE:	MALE/FEMALE:
HOME ADDRESS:		PHONE #:	
		EMERGENCY CONTACT/RELATIONSHIP:	
		PHONE #:	
EMAIL:		Special Request/Comments:	

PLEASE CHECK ONE:

<input type="checkbox"/> PARENT & TOT 1	<input type="checkbox"/> PRESCHOOL 1	<input type="checkbox"/> SWIMMER 1	<input type="checkbox"/> ROOKIE PATROL
<input type="checkbox"/> PARENT & TOT 2	<input type="checkbox"/> PRESCHOOL 2	<input type="checkbox"/> SWIMMER 2	<input type="checkbox"/> RANGER PATROL
<input type="checkbox"/> PARENT & TOT 3	<input type="checkbox"/> PRESCHOOL 3	<input type="checkbox"/> SWIMMER 3	<input type="checkbox"/> STAR PATROL
	<input type="checkbox"/> PRESCHOOL 4	<input type="checkbox"/> SWIMMER 4	
	<input type="checkbox"/> PRESCHOOL 5	<input type="checkbox"/> SWIMMER 5	
		<input type="checkbox"/> SWIMMER 6	

PAYMENT: CASH \$ _____ CHEQUE \$ _____ # _____ EFT \$ _____ # _____			
ETRANSFER TO: RVCHITEK@SASKTEL.NET			
CHEQUES CAN BE MADE PAYABLE TO: CHITEK LAKE COMMUNITY HALL			
EMAIL TO: RVCHITEK@SASKTEL.NET MAIL TO: BOX 70 CHITEK LAKE, SK S0J 0L0			

Registration Chart

Please check our chart below to provide guidance on registration in Lifesaving Society Swim for Life lessons.

Parent & Tot		Has completed Red Cross Swim:	Then register in Lifesaving Society:
<p>If your child is under 3 years of age:</p> <p>Is under 3 years old with no previous lesson experience</p>	n/a	Parent & Tot 1	
Is 4 to 12 months old and ready to learn to enjoy the water with parent	Starfish	Parent & Tot 1	
Is 12 to 24 months old and ready to learn to enjoy the water with parent	Duck	Parent & Tot 2	
Is 2 to 3 years old and ready to learn to enjoy the water with a parent	Sea Turtle	Parent & Tot 3	
<p>If your child is 3-5 years old and can:</p>	<p>Has completed Red Cross Swim:</p>	<p>Then register in Lifesaving Society:</p>	
Is 3 to 5 years with no previous lesson experience	n/a	Preschool 1	
Is 3 to 5 years and just starting out on their own	Sea Otter	Preschool 1	
<input type="checkbox"/> Can jump into chest-deep water assisted <input type="checkbox"/> float and glide on front and back assisted <input type="checkbox"/> blow bubbles and get face wet unassisted	Salamander	Preschool 2	
<input type="checkbox"/> Can jump into chest-deep water unassisted <input type="checkbox"/> Submerge and exhale underwater 3 times <input type="checkbox"/> float on front and back wearing a PFD for 3 seconds	Sunfish	Preschool 3	
<input type="checkbox"/> Can jump into deep water wearing a PFD <input type="checkbox"/> Hold breath underwater for 3 seconds <input type="checkbox"/> Front and back floats for 5 seconds <input type="checkbox"/> Glide and kick on front and back for 5 metres (all skills performed unassisted)	Crocodile	Preschool 4	
<input type="checkbox"/> Can jump into deep water <input type="checkbox"/> Side glide 3 metres <input type="checkbox"/> Front float, roll to back float, and then swim 5 metres <input type="checkbox"/> Flutter kick on front and on back 7 metres <input type="checkbox"/> Front crawl wearing a PFD for 5 metres	Whale	Preschool 5	

Swimmer

If your child is 6 years of age or older and can:		Has Completed Red Cross Swim:	Then register in Lifesaving Society:
Is 6 to 12 years with no previous lesson experience		n/a	Swimmer 1
Is 6 to 12 years old with some lesson experience		Swim Kids 1, Sea Otter, Salamander, or Sunfish	Swimmer 1
<input type="checkbox"/> Jump into chest-deep water unassisted and into deep-water wearing a PFD <input type="checkbox"/> Open eyes, hold breath, and exhale underwater <input type="checkbox"/> Jump into deep water and do a sideways entry wearing a lifejacket <input type="checkbox"/> Support self at the surface for 15 sec	<input type="checkbox"/> Float, kick and glide on front and back <input type="checkbox"/> Do whip kick in vertical position <input type="checkbox"/> Swim 10 m on front and back	Swim Kids 2 or Crocodile	Swimmer 2
<input type="checkbox"/> Tread for 30 sec <input type="checkbox"/> Do kneeling dives and <input type="checkbox"/> Front somersaults	<input type="checkbox"/> 10 m whip kick on back <input type="checkbox"/> Swim 15 m front crawl and back crawl	Swim Kids 3 or Whale	Swimmer 3
<input type="checkbox"/> Complete the Swim to Survive Standard: o Roll – Tread (1 min.) – Swim (50 m) <input type="checkbox"/> Dive <input type="checkbox"/> Swim underwater	<input type="checkbox"/> 15 m whip kick on front <input type="checkbox"/> Breaststroke arms with breathing <input type="checkbox"/> Swim front and back crawl 25 m	Swim Kids 4 or Swim Kids 5	Swimmer 4
<input type="checkbox"/> Do shallow dives and cannonballs <input type="checkbox"/> Eggbeater and scissor kick <input type="checkbox"/> Swim 50 m front and back crawl	<input type="checkbox"/> Breaststroke for 25 m <input type="checkbox"/> Sprint 25 m	Swim Kids 6	Swimmer 5
<input type="checkbox"/> Do stride entries and compact jumps <input type="checkbox"/> Legs only surface support for 45 seconds <input type="checkbox"/> Sprint 25 m breaststroke;	<input type="checkbox"/> Swim 100 m of front crawl and back crawl and <input type="checkbox"/> 300 m workout	Swim Kids 7	Swimmer 6
		Swim Kids 8	Rookie Patrol
		Swim Kids 9	Ranger Patrol
		Swim Kids 10	Star Patrol