



Homeowners Association  
20555 SW Rosa Road  
Aloha OR 97078

## 2024 Summer Swim Lessons

**Requirements:** Children must be residents of Cross Creek, at least 3 years old, and if not potty-trained, must be wearing a swim diaper. Parents must remain on-site and nobody under the age of 18 shall be in the Rec Center during class. CCHOA does not offer lessons to people who live outside of Cross Creek.

**Classes Offered:**

**Introductory Level:** This level is for children who have no prior experience swimming, or who have had lessons but are still uncomfortable in the water. This class has an emphasis on basic water safety, pool entry and exits, breath control, supported and unsupported front and back floats with kicks and basic arm actions.

**Beginner/Intermediate Level:** Give your child a greater sense of confidence and independence in the water. Skills include front and back glides with kicks and basic arm actions, rhythmic breathing, combined arm and leg action, jumping into shallow water.

**Advanced/Stroke Class:** Advanced level swimmers are comfortable in the water and can swim for short distances already. Focus is on stroke technique for freestyle, and introducing backstroke, breaststroke and butterfly, and developing the swimmer's endurance level. *This class may be held in the deep end.*

**Sessions/Classes:** Sessions are 2 weeks long with classes on Mondays, Wednesdays and Fridays.

Classes are 25-minutes long and at the following times:

8:30-8:55    9:00-9:25    9:30-9:55    10:00-10:25    10:30-10:55

Classes are grouped together by age and skill level and limited to 4-6 students per class. Your child's class time will be determined as soon as we have a full roster and you will be notified as soon as possible.

**Rate:** \$45.00 per session. There are no refunds for any missed classes.

Lesson fees must be paid in full on or before the first day of the session you are signed up for. There are no discounts for absences.

# SWIM LESSON REGISTRATION FORM



**Parents: please complete a separate form for EACH child**

Classes are limited to 4-6 students per class and class times will be determined once all the registrations are in. Children will be grouped together by age and skill level.

Child's Name:	Age:
---------------	------

Parent/Guardian:	Phone:
------------------	--------

Email Address:
----------------

Cross Creek Resident Y      N	Lot #	Address:
----------------------------------	-------	----------

Please check each box that your child can do proficiently:

<input type="checkbox"/> put face in water	<input type="checkbox"/> freestyle swim w/kickboard
<input type="checkbox"/> blow bubbles	<input type="checkbox"/> freestyle swim w/o kickboard
<input type="checkbox"/> open eyes under water	<input type="checkbox"/> freestyle with breathing
<input type="checkbox"/> front/barrel float	<input type="checkbox"/> crawl stroke w/side breathing
<input type="checkbox"/> tread water	<input type="checkbox"/> back stroke
<input type="checkbox"/> retrieve a submerged object with eyes open	<input type="checkbox"/> breast stroke
<input type="checkbox"/> front glide (superman)	<input type="checkbox"/> butterfly stroke
<input type="checkbox"/> back float	<input type="checkbox"/> pass the CCHOA deep end swim test
<input type="checkbox"/> back glide	

Any additional comments regarding your child's swimming experiences?

*Please note: there are no refunds for any missed classes. Payment is due before the first day of class.*

- Session 1 - June 24-28<sup>th</sup> Mon/Wed/Fri \$22 (short 1 week session)
- Session 2 - July 8-19<sup>th</sup> Mon/Wed/Fri \$45
- Session 3 - August 5-16<sup>th</sup> Mon/Wed/Fri \$45

Total Amount Due for this child: \_\_\_\_\_

Make checks payable to "Cross Creek HOA"

<b>OFFICE USE ONLY</b>			
___ PAID	Class Time Session 1: _____	___ Contacted	___ Confirmed
___ PAID	Class Time Session 2: _____	___ Contacted	___ Confirmed
___ PAID	Class Time Session 3: _____	___ Contacted	___ Confirmed