Swim Lesson Registration & Information

All Aquatic registration is taken in the Community Center at 2001 East Street and is taken via walk-in, mail-in, or fax-in only. No registration is taken at the pool. Advanced registration is required and space is limited, so sign-up early. **Early registration discount between February 1, 2013 and May 31, 2013**.

SESSION	DAY	DATES
Pre Season	M-Th	June 10-13 – Evening Only
Session 1	M-Th	June 17-June 27
Session 2	Look→	July 1-July 12 (Week 1: Mon, Tue, Wed, Fri. Week 2 Monday through Friday)
Session 3	M-Th	July 15-25
Session 4	M-Th	July 29 - August 8

	GENERAL REGISTRATION		EARLY REGISTRATION	
LESSONS	RESIDENT	NR FEE	RESIDENT	NR FEE
Morning Group Lessons	$50	$60	$40	$48
Evening Group Lessons	$55	$66	$45	$54
Morning Private Lessons	$120	$144	$95	$114
Evening Private Lessons	$125	$150	$100	$120
Pre-Season Private Lessons	$62	$75	$50	$60
Pre Season Group Lessons	$31	$33	$23	$27

**Other fees may be assessed: Registrations received after May 31st is not eligible for the Early Registration Discount.*

**A $10 administrative fee will be assessed to process a change or refund request.*

**A $5 late charge will be assessed for any registration taken on or after the class start date.*

MIDAS SpeeDee Oil Change
216 W. Main Street • Woodland
(530) 662-5605
AAA 19 Years In Business
Open Mon-Fri. 8am-6pm Sat. 8am-5:30pm Closed Sun.
Each SpeeDee location is independently owned and operated. Prices may very by location. Coupons prices valid at above location only.

17-POINT OIL CHANGE
$10 OFF most vehicles
• Oil Change with National Brand Oil (up to 5 quarts conventional oil)
• Install New Oil Filter
• Lube Chassis
• Check and Top Off**: Transmission, Differential Fluid, Radiator Coolant, Power Steering & Windshield Washer Fluid
• Inspect Battery Fluid and Top Off*
• Visually Check Brake Fluid Level
• Inspect Air Filter, Cabin Air Filter*, Wiper Blades, Belts & Hoses
• Check and Set Tire Pressure
• Clean Front & Rear Exterior Windshields
• Vacuum Front & Rear Floor Boards
Expires 3-29-13
*Where applicable **Up to 1/2 pint High mileage, synthetic, synthetic blend oils extra. Excludes bottled oil. Plus applicable tax Cash value 1/100lh of 1¢ Coupon required at the time of purchase. No valid with other offers. Valid at participating locations listed on back. Void if sold, copied or transferred and where prohibited by law.

Secure STOP MIDAS
FREE Brake Inspection
BRAKE PACKAGE $25 OFF PER AXLE
Comprehensive brake system evaluation • Install lifetime guaranteed pads or shoes • Lubricate caliper slides or backing plates • Recondition rotors or drums • Rotors/drums machined or sanded to provide a clean, smooth surface*
Expires 3-29-13
*Where manufacture's specifications allow. Discount of regular price. Lifetime guarantee valid for as long as you own your car. See manager for limited guarantee terms. Consumer pays all tax. Most vehicles, Cash value 1/100lh of 1¢ Coupon required at time of purchase. Not valid with other offers. Valid at participating locations(s) listed below. Void if sold, copied or transferred and where prohibited by law.

SMOG CHECK
No appointment necessary Most SpeeDee Oil Change & Tune-Up Centres are Official State Smog Inspection and Repair Stations
Expires 3-29-13
$34.99 regular price + $8.25 for certificate
Consumer pays all tax. Most vehicles. Cash value 1/100lh of 1¢. Coupon required at the time of purchase. Not valid with other offers. Valid at participating locations listed below. Void if sold, copied or transferred and where prohibited by law.

GREAT SAVINGS MIDAS SpeeDee
$10 OFF SERVICES OVER $100
$20 OFF SERVICES OVER $200
$30 OFF SERVICES OVER $300
excludes tax
Exhaust, Suspension, Wheel Alignments, Belts, Hoses, Headlamps, Bulbs and more
Expires 3-29-13
Excludes lines, batteries and oil changes. Discount off regular price. Consumer pays all tax. Most vehicles, Cash value 1/100lh of 1¢ Coupon required at time of purchase. One coupon per total invoice. Not valid with other offers. Valid at participating location(s) listed below. Void if sold, copied or transferred and where prohibited by law.

Diesel & Hybrid Service & Repair
We Employ ASE Technicians
AAA We do State Inspections 20 Years in Business

SWIM LESSON INFORMATION

Woodland Parks & Recreation offers American Red Cross certified swimming lessons. When registering for lessons, don't overestimate your child's swimming abilities. It is easier to move your child into a higher level if necessary. Swimming lessons meet for eight-30 minute sessions, Monday through Thursday for two weeks throughout the summer.

Tadpole - *Ages 6 months to 3 years*

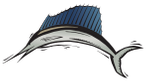
The *Tadpole* class leads parents and children in basic swimming skills, emphasizing water orientation and safety. Additionally, parents are taught to feel more comfortable in the water with their infant. Infants must be able to hold their head up and a parent must accompany the child in the water for every class.

Goldfish – *Level One*
Introduction to Water Skills

The *Goldfish* class is an orientation to an aquatic environment. This class helps swimmers further develop a foundation in both swimming and safety skills. To move to *Sea Horse,* swimmers must demonstrate the ability to float unassisted.

Sea Horse – *Level Two*
Fundamental Aquatics Skills

The *Sea Horse* class builds upon the foundation set in Goldfish and introduces front and back glides and a combined swimming action with arms and legs. Swimmers must demonstrate the ability to glide and move unassisted through the water to move to *Swordfish.*



Swordfish – *Level Three*
Stroke Development

The *Swordfish* class emphasizes stroke development of the front and back crawl. Additionally, swimmers are introduced to different kicks used in swimming. To move to *Dolphin* swimmers must be able to swim a minimum of 15 yards using both the front and back-crawl strokes.

Dolphin-*Level Four*
Stroke Improvement

This *Dolphin* class emphasizes rotary breathing and stroke improvement, an introduction to breaststroke, elementary backstroke and the butterfly. Swimmers must be able to swim 25 yards using both front and back-crawl strokes, elementary back stroke, and 1-minute of treading water to move to *Orca.*

Orca-*Level Five*
Stroke Ref inement

The *Orca* class emphasizes the refinement and development of the strokes continued during the *Dolphin* level. Swimmers are expected to begin to develop swimming endurance. To move to *Shark,* swimmers must swim a minimum of 50 yards with the front and back-crawl strokes, 25 yards of breaststroke, elementary backstroke and butterfly.

Shark – *Level Six*
Fitness Swimmer

The *Shark* class is the final level for stroke refinement and perfection and further development of swimming endurance. Swimmers reaching this level can easily make a transition to a swim team or lifeguard training.

Private Lessons - *Ages 3 and up*

For a personal touch, take a two-week private lesson. This is a one-on-one class for any level of swimmer. The aquatic staff will help improve the "basics" and refine swimming techniques throughout session of lessons.

Adult Lessons - *Any Ability, 15 years and Older*

Specialized lessons are offered for adults just learning how to swim or looking to learn advanced techniques. Adult lessons are customized for the students in the class.

PRE SEASON June 10 - June 13, 2013

	TADPOLE	GOLDFISH	SEA HORSE	SWORDFISH	DOLPHIN	ORCA	SHARK	PRIVATE LESSON
4:50 p.m.		3000	3106					3069
		3001	3105					
5:30 p.m.	3197	3002	3107	3165		3055		3070
		3003	3108					
6:05 p.m.	3198	3004	3109	3166	2981	3056		3071
			3110					
6:40 p.m.		3005	3111	3167	2982		3156	3072
		3006	3112					

SESSION 1

June 17 - June 27, 2013

	TADPOLE	GOLDFISH	SEA HORSE	SWORDFISH	DOLPHIN	ORCA	SHARK	PRIVATE LESSON
10:05 a.m.								3073
10:40 a.m.		3007 3008	3113 3114	3168 3272	2983			3074
11:15 a.m.	3199	3009 3010	3115 3243	3170	2984			3075
11:50 p.m.		3011 3012	3117 3244	3172 3274		3057	3157	3076
4:50 p.m.		3013 3014	3119 3120					3077
5:30 p.m.	3200	3015 3016	3121 3122			3058		3078
6:05 p.m.	3201	3017	3123 3124	3174	2985	3059		3079
6:40 p.m.		3018 3019	3125	3175 3176	2986		3158	3080
7:15 p.m.								3081

SESSION 2

July 1 - July 12, 2013

	TADPOLE	GOLDFISH	SEA HORSE	SWORDFISH	DOLPHIN	ORCA	SHARK	PRIVATE LESSON
10:05 a.m.								3231
10:40 a.m.		3020	3245 3246		2987			3232
11:15 a.m.	3281	3021	3247 3249	3273	2988			3233
11:50 p.m.		3022 3023	3248 3250	3277		3060	3268	3234
4:50 p.m.		3024 3025	3132 3133					3086
5:30 p.m.	3203	3026 3027	3134 3135	3181		3061		3087
6:05 p.m.	3204	3028	3136 3137	3182	2989	3062		3088
6:40 p.m.		3029 3030	3138	3183 3184	2990		3160	3089
7:15 p.m.								3090

SESSION 3

July 15 - July 25, 2013

	TADPOLE	GOLDFISH	SEA HORSE	SWORDFISH	DOLPHIN	ORCA	SHARK	PRIVATE LESSON
10:05 a.m.								3235
10:40 a.m.		3031	3260 3261	3276	2991			3236
11:15 a.m.	3282	3032 3033	3266 3263	3275	2992	3063		3237
11:50 p.m.		3034 3035	3164 3165	2352		3064	3269	3238
4:50 p.m.		3036 3037	3145 3146					3095
5:30 p.m.	3206	3038 3039	3147 3148	3189	2994	3065		3096
6:05 p.m.	3207		3149 3150	3190 3191	2995		3162	3097
6:40 p.m.		3041 3042	3151	3192		3066		3098
7:15 p.m.								3099

SESSION 4								
July 29 - August 8, 2013								
	TADPOLE	GOLDFISH	SEA HORSE	SWORDFISH	DOLPHIN	ORCA	SHARK	PRIVATE LESSON
10:05 a.m.								3239
10:40 a.m.		3043	3254		2996			3240
			3255					
11:15 a.m.	3283	3044	3256		2997	3229		3241
		3045	3258					
11:50 p.m.		3046	3257	3278		3230	3270	3242
		3047	3259					
4:50 p.m.		3222	3152	3193				3100
		3223	3251					
5:30 p.m.	3279	3224	3252	3194		3067		3101
		3225	3153					
6:05 p.m.	3280	3040	3154	3195	2998		3271	3102
		3228	3253					
6:40 p.m.		3226	3155	3196	2999	3068		3103
		3227						
7:15 p.m.								3104