

# The Christian Community at TAC

## Summer 2015 Swim Team, Masters, & Water Polo Signups

Child \_\_\_\_\_ Age as of June 1, 2015 \_\_\_\_\_ Date of Birth \_\_\_\_\_

Team:    White    Blue    Silver    Platinum • Water Polo:    Yes    No

Child \_\_\_\_\_ Age as of June 1, 2015 \_\_\_\_\_ Date of Birth \_\_\_\_\_

Team:    White    Blue    Silver    Platinum • Water Polo:    Yes    No

Child \_\_\_\_\_ Age as of June 1, 2015 \_\_\_\_\_ Date of Birth \_\_\_\_\_

Team:    White    Blue    Silver    Platinum • Water Polo:    Yes    No

Child \_\_\_\_\_ Age as of June 1, 2015 \_\_\_\_\_ Date of Birth \_\_\_\_\_

Team:    White    Blue    Silver    Platinum • Water Polo:    Yes    No

Any health problems? \_\_\_\_\_ Please explain: \_\_\_\_\_

Parents/Guardians

Names \_\_\_\_\_ Masters:    Yes    No \_\_\_\_\_ Masters:    Yes    No

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

Home phone \_\_\_\_\_ Work \_\_\_\_\_ e-mail \_\_\_\_\_

Whom should we contact in case of an emergency? \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Seahawks Swim Practice Costs \$ \_\_\_\_\_

Seahawks Water Polo Costs \$ \_\_\_\_\_

Masters Swim Practice Costs \$ \_\_\_\_\_

Family Package:

Swim Team Plus    Masters OR    Water Polo \$500 (\$35 per 5<sup>th</sup> child and up) \$ \_\_\_\_\_

Grand Slam: Masters AND Water Polo \$600 (\$35 per 5<sup>th</sup> child and up) \$ \_\_\_\_\_

TCC Family Summer Club Membership Fee (waived for family package members) \$ \_\_\_\_\_ 25 \_\_\_\_\_

TSA League Meet Fees \$60 per swimmer, \$100 per family (not optional) \$ \_\_\_\_\_

Total Due: \$ \_\_\_\_\_

Deposit Paid:    (Minimum \$100) \$ \_\_\_\_\_

Balance Due:    (divided into three monthly payments; 6/8, 7/6, 8/3) \$ \_\_\_\_\_

The Christian Community at TAC  
Summer Swim Lessons  
June 8 - July 24, 2015

919-212-6955 • [Christiancommunitysports.com](http://Christiancommunitysports.com)

**SWIM LESSONS**

The Christian Community offers beginning and competitive stroke swim lessons each Monday AND Thursday, beginning June 9. Each child registered for lessons will receive instruction twice per week for three weeks. Final placement verification for new members and first-time sign-ups will be decided by the head swim coach.

**Beginning Lessons** (ages 3 & up) Child will be taught the basics of beginning swimming: front float, back float, kicking on stomach and back, simple crawl stroke movements and jumping or diving into deep water.

**Competitive Stroke Lessons**

Child will be taught the basics for the three competitive strokes: freestyle, backstroke, and breaststroke. Participants are also taught the proper techniques for an effective racing dive. **Requirement:** Child should be able to front float and back float for at least 10 seconds with no limb movement. They must also be able to propel themselves in the water, head down, while alternating to breathe by rolling on their backs without stopping for 15 yards. Child should have no fear of jumping into deep water.

**Cost:** \$60 per child per session, \$50 for second child and \$40 for third child. Additional children are \$30 each.

**Swimming Lessons Summer Session I (six lessons)**

Mondays AND Thursdays      June 9 to June 26  
Beginning 12:30 to 1:00  
Competitive 1:00 to 1:30

**Swimming Lessons Summer Session II (six lessons)**

Mondays AND Thursdays      July 7 to July 24  
Beginning 12:30 to 1:00  
Competitive 1:00 to 1:30

**Adult and Private Lessons** available on request. \$20 per half hour, per person. \$10 additional person.

## The Christian Community at TAC Summer 2015 Swim Lesson Signups

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ \$60

Level    Beginning    Stroke

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ \$50

Level    Beginning    Stroke

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ \$40

Level    Beginning    Stroke

Child \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ \$30

Level    Beginning    Stroke

Any health problems? \_\_\_\_\_ Please explain: \_\_\_\_\_

Parents/Guardian Names \_\_\_\_\_

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

Home phone \_\_\_\_\_ Work \_\_\_\_\_ e-mail \_\_\_\_\_

Whom should we contact in case of an emergency? \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

### [Swimming Lessons Summer Session I](#)

Mondays AND Thursdays      June 9 to June 26  
Beginning 12:30 to 1:00  
Competitive 1:00 to 1:30

### [Swimming Lessons Summer Session II](#)

Mondays AND Thursdays      July 7 to July 24  
Beginning 12:30 to 1:00  
Competitive 1:00 to 1:30

**Cost:** \$60 per child, \$50 for second child and \$40 for third child. Additional children are \$30 each.

Program Costs \$ \_\_\_\_\_

Total Due: \$ \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_

Balance Due: \$ \_\_\_\_\_

Mail forms to: The Christian Community, 4960 Harbour Towne Dr. Raleigh, NC 27604