

2016

LEARN-TO-SWIM

LESSONS

With emphasis on Olympic strokes supervised by TCU swimming Coach
Richard Sybesma
1996 Nicaraguan Olympic Coach



THE FACILITY

The lessons are taught at the TCU Recreation Center indoor heated pool. The TCU pool is located on the corner of Stadium and Bellaire Drive.

www.Frogswimcamp.com



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Richard Sybesma

Experience

- 37th season as Head Coach at TCU
- 39+ years of teaching & coaching swimming
- 5 time coach of the year
- Olympic coach for Nicaragua '96

OUR PHILOSOPHY

You child's safety is our first priority. We run a disciplined program that will build your child's confidence and teach them to swim correctly. Our lessons are designed to help kids learn at their own pace.

AGES

Learn-to-swim lessons are offered to ages three and older. Advanced level arranged by Coach Sybesma.

We can arrange special group sessions.

SESSIONS

- 2 week sessions (Monday–Thursday)
- Eight 40 minute lessons
- May 9-June 3 – After School Lessons
- June 6-July 14 – Morning Lessons

Learn to Swim Lessons are open to any and all entrants and limited only by number, age, grade level and/or gender

COST

The cost is **\$160.00** per child per session and includes insurance and a t-shirt. You can receive a discount of \$5 for each additional family member or session registration.(\$10 maximum discount). Checks or cash by mail or in office, credit cards accepted on website. **Make checks payable to Richard Sybesma. TCU Box 297600, Fort Worth, TX 76129**

SIGN UP

Register online at www.frogswimcamp.com or at the swimming office located in the University Recreation Center, Room 233, on the corner of Stadium and Bellaire Drive. Lessons are available on a first-come, first-serve basis. **Your payment and registration form are both needed to hold your space.** No phone reservations are accepted. For more information or brochures call Coach Sybesma at 817-257-5646.

PARENTS

To encourage an optimal learning environment, **parents may watch on deck on Thursdays only.** Each swimmer, instructor, and Coach Sybesma need their focus on safety and learning. Parents may wait in the balcony above pool or in the Rec Center lobby, but not in the downstairs hallway. Please do not use the outdoor pool before or after the lessons. Access is not included in our program.

PARKING

Parking will be at a premium with all the construction going on. Your best bet may be to park down at the Kelly Center on Stadium Drive. The lot across the street from us will be open, but limited parking there and Admissions has requested we not park in their lot. Please note that you are welcome to park anywhere that is designated "Visitor" parking. Our campus map can be found at the following website:
http://www.maps.tcu.edu/pdf/Campus_Map_Color.pdf



Pre-Olympic Trial Stroke Technique Clinic

The Stroke Technique Clinic is for competitive swimmers on USA, Country Club, YMCA & TAFF teams. We work on a competitive stroke as well as starts and turns. This is a clinic for accomplished swimmers who need technique help for competitive swimming. We will be offering **1 one-week clinic which will be 90 minutes per day for 4 days.**

One Week Pre-Olympic Trial Stroke Technique Clinic

Monday-Thursday

June 20-23

9:00-10:30am 12 and Under
10:30am-12:00Noon 13 and Over

Coach Sybesma will **1 ONE-WEEK** technique clinics for USA, COUNTRY CLUB, YMCA & TAFF swimmers. **These are 4-day 90 minute technique sessions. Monday-Thursday.**

Lessons

Monday-Thursday unless otherwise indicated.

May After School Sessions

Session 1: May 9-19
Session 2: May 23-Jun 3 (Tu-Fri Week 2)
Beginner – 3:15-3:55pm; **Intermediate** – 4:00-4:40pm; **Advanced** – 4:45-5:25pm

Summer A.M. Sessions

Session 3: June 6-16
Session 4: July 5-14 (Tu-Fri Week 1)
Beginner – 9:00-9:40am; **Intermediate** - 9:45-10:25am; **Beg/Int** – 10:30-11:10am;
Advanced – 11:15-11:55am.

LESSONS

Learn-to-Swim lessons emphasize a progressive step-by-step approach teaching your child to swim and breathe correctly and safely. Swimming instructors teach classes with Coach Sybesma working with each instructor and supervising each swimmer every day. Children are grouped by ability and teachers work with a maximum of six students. There is a lifeguard on duty at all times. Swimming is not a natural skill for most people, and learning to swim will take time, practice, patience, and confidence.

Beginner:

Ages 3 and older

Overcoming fear of the water, front float and back float, kicking on stomach and back with kick board. Beginning the freestyle and backstroke. We only allow one child in the water at a time.

Intermediate & Precompetitive:

Freestyle, rhythmic breathing, backstroke, treading water, front dive, working to swim one length of the TCU pool correctly.

Beginner & Intermediate Combined:

This session is intended for families with multiple children and skill levels.

Advanced:

This level is for accomplished swimmers who can swim freestyle with correct rhythmic breathing and backstroke for at least 25 yards. Begin breaststroke and butterfly, flip turns, and building endurance. This level is great for fitness exercise and for learning the four competitive strokes correctly, Olympic strokes and technique introduced.

PARENT WAIVER

As the parent/guardian of _____

I release, waive, discharge Texas Christian University, its employees, officers, agents, the Richard Sybesma Learn to Swim Lessons/Clinics from any and all liability claims resulting from loss, injuries, illness and other damage including death which may be sustained by my child during the duration of the lessons/clinics. I agree and promise that I will not hold the University and or any of the above named parties responsible in this respect. I understand that the signing of this waiver of liability includes transportation to, from or in connection with the lessons. To the best of my knowledge my child is in good physical condition and I am not aware of any physical infirmity which would place my child at risk while participating in the lessons/clinics. I am fully aware of the risk and hazard of these lessons/clinics. During the period of the lessons/clinics, I hereby give permission to the staff of the lessons/clinics to administer proper medical assistance to my child in the event of accident, illness or injury. I understand that I will be responsible for any and all costs of medical treatment and coverage provided not covered by insurance. I HAVE READ THIS WAIVER OF LIABILITY AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Date _____ Emergency # _____

In case of emergency if parents can't be reached, contact: _____

Phone: _____ . Relation to child _____

Insurance Company's Name _____

Policy# _____ Group _____

Phone _____

Insured's Name _____

I hereby certify that _____ has no restrictions which would prevent him/her from participation in our lessons.

Signature _____

Date _____

2016 Lesson Registration Form

Swimmer's Name: _____

Address: _____

City/State: _____

Zip: _____ Swimmer's Age: _____

Home phone: _____

Cell Phone: _____

Email: _____
(Used for confirmation of lessons)

Previous Experience: _____

Check the **session** and **time** you plan to attend.
(Sessions are filled on first come, first serve basis)

MAY | After School Session

____ Session 1	____ Session 2	
5/9-19	5/23-6/3 (Tu-Fri Week 2)	
____ Beg.	____ Int.	____ Adv.
3:15 p.m.	4:00 p.m.	4:45 p.m.

JUNE/JULY | Summer A.M. Sessions

____ Session 3	____ Session 4		
6/6-16	7/5-14 (Tu-Fri Week 1)		
____ Beg.	____ Int.	____ Beg./Int.	____ Adv.
9:00 a.m.	9:45 a.m.	10:30 a.m.	11:15 a.m.

Pre-Olympic Trial Stroke Technique Clinic

1 wk _____
6/20-23

9am _____ 10:30 _____
Ages 12 & Under Ages 13 & Over

To sign up online go to www.frogswimcamp.com