



**DUBUQUE AREA SWIMMIN' HURRICANES**

A proud member of Iowa Swimming, Inc. & USA Swimming

[www.teamdash.org](http://www.teamdash.org)

## Fall Lesson Programs

ALL programs are held at San Jose Pool on the campus of Loras College

### Instructional Group Lessons

Swimming instruction, from beginner to advanced, ages 4 & up.

#### Group Swim Lesson Testing & Registration Dates

**ALL GROUP SWIM LESSON PARTICIPANTS MUST REGISTER IN PERSON.** All students new to this group lesson program will be tested for their skill level on these days, so please bring your child(ren) in their suit. Parents, if your child has been a participant before and you don't remember their level, please plan to have your child tested, too.

For Saturday & Weekday Group Lessons ONLY –

Tues., Sept. 8 & Wed., Sept. 9

4 – 6 p.m.

### Weekday Afternoon Lessons –

Cost: \$60 for first family member, additional family members - \$50 per student

Lesson times are:

4:15 – 4:55 p.m.

Twice per week, either Monday & Wednesday OR Tuesday & Thursday.

Lesson Dates are:

Monday / Wednesday

Begin Monday, September 14

Conclude on Wednesday, October 7

Tuesday / Thursday

Begin Tuesday, September 15

Conclude on Thursday, October 8

## **Saturday Morning Lessons –**

**Cost: \$50 per student for one session. Additional family members - \$45 per student for one session.**

**Lessons times are:**

**9:00 – 9:45 a.m. / 10:00 – 10:45 a.m. / 11:00 – 11:45 a.m.**

**Lesson Dates**

**Begin Saturday, September 12**

**Concludes on October 10**

## **Private & Semi-private Lessons**

**For those who want individualized instruction, we offer private (1:1) and semi-private (1:2) lessons on weekend afternoons.**

**For semi-private lessons, you must have two participants when you register.**

**Lessons are offered on weekend afternoons, with six-50 minute lessons. Lessons begin the weekend of September 12 & 13. The 6 lessons must be completed over the course of 7 weekend.**

<b>Cost: Private (1:1)</b>	<b>\$140</b>
<b>Semi-private (1:2)</b>	<b>\$180</b>

**To register for Private / Semi-private lessons, contact DASH Director of Team Development, Tasia Guiter at [coachtasia@teamdash.org](mailto:coachtasia@teamdash.org). Returning participants must pre-register by Wednesday, September 2<sup>nd</sup>. New participant registrations will not be accepted until Thursday, September 3<sup>rd</sup>.**

### **JOIN THE TEAM!!!!**

**Be a Dubuque Area Swimmin' Hurricane. Team DASH Registration for  
Fall '09 / Winter '10 Season**

**Team D.A.S.H. provides a multitude of opportunities for a child to improve their swimming skills. There are Instructional Swim Lessons - small group and Private / Semi-private, a Pre-competitive Racing Clinic, a high school "Gettin' Better" camp, and the team itself.**

**Swimming is one of the few sports accepted as an all-around body conditioner that one can participate in all of their life.**

**The goals of the club are to help each child improve his / her swimming skills to a desired level and to develop parallel levels of speed, endurance, and flexibility. In doing, so we will instill a sense of pride and accomplishment. The emphasis is on self-improvement rather than winning...everyone can improve, but not everyone can win. However, receiving awards for your performance is part of competitive swimming and this is made easier through the nation wide system of classifying swimmers according to their age and ability.**

**D.A.S.H. is a non-profit educational corporation, whose primary focus is to provide a high quality, competitive swimming program for the youth of Dubuque and surrounding areas. We are a member of USA Swimming, which develops and administers the National and Olympic programs. Our club welcomes girls and boys from 5 years old and up.**

**When & Where: Monday, October 12 & Wednesday, October 14, 6 – 8 p.m.**

**Loras College – San Jose Pool**

**What: Fall / Winter season of Team DASH.**

**Daily practice and training available. Competitions are available when appropriate for team member's level.**

**Season: October 19 – February 19**

**During the school year, practices are weeknight evenings, at Loras College – San Jose Pool.**

**Cost: First time team member - \$60, plus USA Swimming membership - \$58**

# Registration Form (one per swimmer)

Please complete, check program desired, detach, & bring to Registration;

**Student's Name:** \_\_\_\_\_ **Student's Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Parent(s):** \_\_\_\_\_

**Weekday Lessons**

Monday / Wednesday

\_\_\_ 4:15

Tuesday / Thursday

\_\_\_ 4:15

**Saturday Lessons**

\_\_\_ Session I

Times

\_\_\_ 9:00

\_\_\_ 10:00

\_\_\_ 11:00

**Private / Semi-private Lessons**

## **Permission & Release**

I hereby give my permission for \_\_\_\_\_ to participate in the activities of the Dubuque Area Swimmin' Hurricanes. I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the Dubuque Area Swimmin' Hurricanes (DASH), its officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case emergency medical attention may be required, I authorize the adult coaches, chaperones, and / or other adults of official capacity with the team to act for me according to their best judgment and ability.

\_\_\_\_\_  
Signature of Parent / Guardian

\_\_\_\_\_  
Date

Emergency Contact - \_\_\_\_\_

**ALL FEES ARE NON-REFUNDABLE**

Emergency Contact Phone - \_\_\_\_\_