



DUBUQUE AREA SWIMMIN' HURRICANES

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

www.teamdash.org

Fall 2010 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. 7 & Wed., Sept. 8

4 – 6 p.m.

Weekday Afternoon Lessons –

Cost: \$60 for first family member, additional family members - \$55 per student

Lesson times:

4:15 – 4:55 p.m.

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

Lesson Dates:

Monday / Wednesday

Begin Monday, September 13

Conclude on Wednesday, October 6

Tuesday / Thursday

Begin Tuesday, September 14

Conclude on Thursday, October 7

Saturday Morning Lessons –

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

Lessons times:

8:40 – 9:25 a.m. / 9:30 – 10:15 a.m. / 10:20 – 11:05 a.m. / 11:10 – 11:55 a.m.

Lesson Dates:

Begin on September 11

Concludes on October 9

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 11 & 12. The six Saturday lessons must be completed by October 30th and the six Sunday lessons must be completed by October 31st. There will not be any lessons on October 16 & 17 (Loras Fall Break).

Cost: Private (1:1)	\$140
Semi-private (1:2)	\$180

For information and to register for Private / Semi-private lessons, contact DASH Director of Team Development, Tasia Guiter at coachtasia@teamdash.org. Returning participants must pre-register August 23 - 27. New participants may register August 30 – September 3.

JOIN THE TEAM!!!!

Be a Dubuque Area Swimmin' Hurricane.

Team DASH Registration for Fall '10 / Winter '11 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, 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 11 & Tuesday, October 12, 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 20 – February 19

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

Cost: First time team member - \$60-70, plus USA Swimming membership - \$59

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

Saturday Lessons

Times

Monday / Wednesday
_____ 4:15 p.m.

_____ 8:40 a.m.

_____ 9:30 a.m.

Tuesday / Thursday
_____ 4:15 p.m.

_____ 10:20 a.m.

_____ 11:10 a.m.

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 - _____