

Registration Form

Please Print Clearly

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Participants Name	Age
<hr/>	
Parent/Guardian Name	
<hr/>	
Mailing Address	
<hr/>	
City, State, Zip Code	
<hr/>	
Home Phone	Work Phone
<hr/>	
Emergency Contact	Phone
<hr/>	
e-mail address	
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Please give a brief description of your child's swimming ability: _____	
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PRICES are per class per child.

Private: \$20

Semi-Private: \$16

Group: \$12

Refunds will be issued to participants who drop the class 48 hours before the class. Refunds will not be issued to participants who fail to show up to the class or who do not pass.

Waterville Valley Recreation Department Liability Waiver

I, the undersigned (as per my signature below) by registering, myself or my child, or my ward in the named program on this registration form, understand the nature and risk associated with participation in this activity. I hereby grant my child, or my ward permission to participate. I am aware that the activity, equipment, and facilities may pose significant risk of injury. I am also aware that each participant is responsible for their own safety. I hereby grant for myself, my heirs executors, or administrators; waive and release any and all claims of damage we ever had, or now have, against the Town of Waterville Valley, it's successors and assigns, employees, agents and representatives for any and all kinds of injury, including but not limited to personal and/ or property damage suffered by my child, or myself, while participating in the activity.

I understand that, in case of injury or illness, the Town of Waterville Valley Recreation Department will attempt to contact the person identified as the "emergency contact." In the event of a medical emergency, I consent to the participant's treatment by a medical doctor and I agree to pay all costs associated with said treatment, including transportation to a medical facility.

I, the undersigned (as per my signature below) by registering myself or my child in any Waterville Valley Recreation Department programs, agree to all publications of any photos taken of myself or my child at any program, event or facility of the Town of Waterville Valley Recreation Department.

X _____ Date: _____
Parent/Guardian Signature (18+)

**The Waterville Valley Recreation Department encourages everyone to participate in our programs. If your child has an individualized need due to a disability and may require a reasonable accommodation, in accordance with the American Disabilities Act, to successfully participate, please indicate by checking the box below.

Two weeks notice is needed to ensure appropriate accommodations can be provided.

Yes, I would like to be contacted by Recreation Department Staff regarding my child's needs.



WINTER SWIM LESSONS



All courses are instructed by
American Red Cross WSI instructor.

Waterville Valley Recreation Department

603-236-4695

www.watervillevalley.org



Course Descriptions

Parent & Child Level 1: Waterbabies: In this class, parents and children interact in the water together. This class is designed to acclimate tots to water and teach parents water safety awareness. Ages 6 months to 2 years. Swim diapers required.

Parent and Child Level 2: Parent and child interact in the water together. In this class water games introduce swimming skills including: kicks, pulls, glides, breath control and sitting dives. Water safety is strongly stressed. Our main goal is to get the child independent from the parent by swimming with only a fruit loop floatation device. Usually ages 2 through 5.

Independent Preschooler Level 1: This class is specifically for the 3 to 4 year old who can independently swim with a floatation device without a parent in the water. We keep this class size to 4 children maximum due to the shorter attention spans that can come with this fun age group. For most children in this class it is their first experience with a teacher and a group setting. Skills focus on kicking, pulling, gliding, breath control, jumping, floating, and safety.

Level 1-Water Acclimation: In this class, children are able to swim with a fruit loop floatation device, without a parent. Class will focus on putting faces in the water, blowing bubbles, floating, gliding, supported kicking, alternating and simultaneous arm actions, combining arms and legs on front and back, turning over, jumping and safety skills. Usually ages 4 and up.

Level 2-Primary Skills: In this class, children are able to swim without a floatation device. They are very comfortable with putting their faces in the water and blowing bubbles. Class will focus on: flutter kick, finding body balance(horizontal position in water), rhythmic breathing(bobbing), front & back floats and glides, jumping and sitting dives, front crawl introduction, finning and sculling on back, back crawl introduction, side swimming introduction and safety skills.



Course Descriptions Continued

Level 3-Stroke Readiness: In this class the child is able to swim on their front and back for 15 feet without stopping. The child is very comfortable putting his/her face in the water and can rhythmic breathe 10 times consistently. Class will focus on the front crawl with rhythmic breathing to the side, the back crawl, kneeling and compact dives, treading water, survival float, introduction to butterfly, and safety skills.

Level 4-Stroke Development: In this class, the child is able to swim to the dock and back with both front crawl and back crawl. Class will focus on: endurance and technique for front crawl and back crawl, introducing elementary backstroke, breaststroke, sidestroke kicks, butterfly coordination and endurance, treading water, standing dives, surface dives, survival skills, open turns and safety skills.

Level 5/6-Stroke Refinement: This class focuses on all six strokes: front crawl, back crawl, side stroke, breast stroke, butterfly, elementary back stroke. Flip turns, dives from the start blocks and endurance/distance of strokes are stressed.

Private- One on one lessons are perfect for abilities ranging from the very fearful to the competitive swimmer.

Semi-Private- Available to children if swim abilities are the same. **Maximum of 4 participants.**

Groups- We will place kids in the appropriate level class. **Maximum of 5 participants (Level 2 and up).**
Maximum of 3 participants (Ind. pre-schooler & Level 1)



About our Program

All lessons are taught by American Red Cross Water Safety Instructors and follow the American Red Cross Learn-to-Swim guidelines. It is designed to give students a positive learning experience as they progress through all six levels, and to help ensure they truly master swimming and safety skills.

****PARENTS ARE REQUIRED TO STAY WITH CHILDREN AGES 6 AND UNDER****

Winter Group Sessions are billed at the Group Rate

After School Sessions (\$72/child)

Tuesdays- 1/10, 1/17, 1/24, 1/31, 2/7 & 2/14
3:15-3:45- Independent Preschooler & Level 1
3:45-4:15- Level 2
4:15-4:45- Level 3

Thursdays- 1/12, 1/19, 1/26, 2/2, 2/9, 2/16
3:15-3:45- Level 4
3:45-4:15- Level 5

Waterbabies Session (\$72/child)

Thursdays- 1/12, 1/19, 1/26, 2/2, 2/9, 2/16
9:00-9:30

Parent & Child Level 2 (\$72/child)

Thursdays- 1/12, 1/19, 1/26, 2/2, 2/9, 2/16
9:30-10:00

Children must complete all six classes in order to complete a session. Children must show appropriate skills in order to pass a class and move up a level.

Don't see a time or class that works for you? Please call Liz @ 603-236-4695 or email gps@watervillevalley.org. We are more than happy to try and figure out a day and time that will work for you and your family! Private and Semi-private lessons are