

## Swim Lesson Sign Up and Payment

June 25 - July 23

### How to sign up:

- Leave your form with gate staff or at the sign-in kiosk. Please do not give it to the lifeguards while at the pool.
- Lessons are available for Holyoke Canoe Club Members Only
- \$50.00 for 5 weeks.
- Checks should be made payable to Holyoke Canoe Club.

### Classes and Times Offered:

- Saturday 9:00 to 9:30 AM Group 3
- Saturday 9.30 to 10.15 Group 2
- Saturday 10:15 to 11:00 AM Group 1

Classes will run on Saturdays for 5 weeks. If we need to cancel due to weather, we will try to offer a makeup lesson.

Based on the information below, please place your child into the level you think is appropriate. Once we have met the swimmers, we will make any necessary adjustments to the groups.

### Skills to be taught in each class:

#### **Group 1: (30 min) 10.30- 11.00**

Entering and exiting the pool independently and safely

Submerging of the face and body

Back floating

Independent kicking with equipment

Swimming for 15 feet with arms and legs with assistance

#### **Group 2: (45 min) 9.45- 10.30**

Jumping independently into shoulder deep water and recovering

Retrieving objects fully submerged

Freestyle/Backstroke for half a pool length

Treading water for 30 seconds

#### **Group 3: (45) 9.00- 9.45**

**Pre-req: Comfortable putting face in the water and can swim independently for 15 feet Kneeling dives and standing dives**

Freestyle/Backstroke 25 yards and Breaststroke/Butterfly development

Retrieving objects fully submerged

Treading water for 1 minute

Jumping in and swimming back to the wall



**PARTICIPANT INFORMATION**

Child #1

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ LEVEL  
ASSIGNED: \_\_\_\_\_

Child #2

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ LEVEL  
ASSIGNED: \_\_\_\_\_

Child #3

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ LEVEL  
ASSIGNED: \_\_\_\_\_ EMERGENCY CONTACT INFORMATION

NAME: \_\_\_\_\_ PHONE  
#: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**Informed Consent**

In consideration for myself and/or my child being allowed to participate in a Holyoke Canoe Club program, I agree to assume the risk for participating in such programs, and further agree to hold harmless the Holyoke Canoe Club, the Board of Directors and its staff members conducting such programs from any and all claims, suits, losses, or related causes of action for damages, including, but not limited to, such claims that my result from injury or death, accidental or otherwise, during, or arising in any way from Holyoke Canoe Club programs.

Printed : \_\_\_\_\_ SIGNED : \_\_\_\_\_ Signature of Parent/Guardian

Date : \_\_\_\_/\_\_\_\_/\_\_\_\_