

# Holyoke Canoe Club Swim Lesson Sign Up 2023

## How to sign up:

Stop by and leave your sign up 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 \$60.00 for 5 weeks of swim lessons

Checks should be made payable to **Holyoke Canoe Club**.

## Classes and Times Offered:

Saturday 9.00 to 9.45 AM Group 3, Saturday 9.45 to 10.30 Group 2, Saturday 10.30 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.

## DATES: July 1st - July 29th

Based on the information you have provided, we placed your child into one of the following levels. Once they have met the teacher, we will make any necessary adjustments.

### Swim Lessons levels

Group 1 (15 - 30 minutes) 10.00 - 11.00

- Child does not swim independently (younger group)
- Learning water safety
- Going under water
- Jumping in and recovering independently
- Floating
- Working on freestyle

Group 2 (45 minutes) 9.45 -10.30

- Child does not swim independently (older group)
- Learning water safety
- Going under water
- Jumping in and recovering independently
- Floating
- Working on freestyle

Group 3 (45 minutes) 9.00 - 9.45

- Proficient swimmer - Working on refreshing basic strokes
- Improving swim endurance
- Learning a short access stroke (breaststroke)
- Kneeling and Standing Dives

PARTICIPANT INFORMATION

Child #1

LAST NAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

LEVEL ASSIGNED: \_\_\_\_\_

Child #2

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: : \_\_\_\_\_