2019 Summer Swim Lessons
Alfond Municipal Pool Complex

Our swim lesson participants receive Red Cross Certification for the various levels passed.

Fees

Tiny Tots – Twice a Week (M & W or T & Th, from 11:30 – 12:00)
Residents - $30.00  Non Residents - $40.00

Swim Lessons – Four Days Per Week (M – Th, at 10:00 or 10:45)
Residents - $50.00  Non Residents - $60.00

Tiny Tots (Ages 3-5)
This program builds swimming readiness by emphasizing fun in the water. Participants in the class will learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Once children can perform basic skills without adult assistance, they may begin Level 1: Introduction to Water Skills. Parents are welcome to get in the water with their children.

Level I: Introduction to Water Skills
Helps students feel comfortable in the water. Level I participants learn to: enter and exit water safely, submerge mouth, nose and eyes, exhale underwater, pick up a submerged object, change direction while walking or paddling, roll over from front to back and back to front with support, explore floating on front and back with support, explore swimming on front and back using arm and leg actions with support.

Level II: Fundamental Aquatic Skills
Gives students success with fundamental skills. Level II participants learn to: enter water by stepping or jumping from the side, exit water safely using ladder or side, submerge entire head, blow bubbles submerging head in a rhythmic pattern (bobbing), open eyes underwater, pick up a submerged object in shallow water, float on front and back, perform front and back glide, change direction of travel paddling on front or back, roll over from front to back, back to front, tread water using arm and leg motions (chest deep water), swim on front, back and side using combined arm and leg actions, and move in the water while wearing a life jacket.

Level III: Stroke Development
Builds on skills in Level II through additional guided practice. Level III participants learn to: jump into deep water from the side, head first entry from kneeling or standing position, submerge and retrieve an object in chest deep water, bob with the head fully submerged, rotary breathing in horizontal position, perform front and back glide using two different kicks, float on front and back in deep water, change from horizontal to vertical position on front and back, tread water using hand and leg movements, perform front crawl and elementary backstroke, scissors kick, breaststroke kick and dolphin kick.

Level IV: Stroke Improvement
Develops confidence in the skills learned and improves other aquatic skills. Level IV participants learn to: perform a head first entry from a standing or stride position, swim underwater, perform feet-first surface dive, perform open turns on front and back, tread water using sculling arm motions with different kicks, perform the following: front and back crawl, breaststroke, butterfly, elementary backstroke and sidestroke.

Level V: Stroke Refinement
Provides further coordination and refinement of strokes. Level V participants learn to perform the following: standing dive, shallow dive, glide two body lengths and begin any front stroke, tuck surface dive, pike surface dive, front flip turn, backstroke flip turn, front and back crawl, butterfly, breaststroke, elementary backstroke, sidestroke, tread water with two different kicks, and learn survival swimming.

Level VI: Swimming & Skill Proficiency
Refines the strokes so students swim them with ease, efficiency power and smoothness over greater distances. Level VI focuses on preparing students to participate in more advanced courses such as water safety instruction and lifeguard training among other aquatic activities.

Inclement Weather Policy: During inclement weather, whenever possible, swim lessons will be moved to the Alfond Youth Center indoor pool.
2019 Summer Swim Lessons
Registration Form

Child's Name _______________________________ Age _____ Date of Birth ________

Street Address _______________________________ Town __________________________

Home Phone _______________________________ Cell Phone ___________________________________

Email Address __________________________________________________________________________

Emergency Contact _______________________________ _________________________________________

Swim Lessons

Session (please circle one): Session I (6/24 - 7/12) Time (please circle one): 10:00 am 10:45 am

Session II (7/22 - 8/9)

Level (please circle one): Level I Level II Level III Level IV Level V Level VI

Tiny Tots (Ages 3-5)

Session (please circle one): Session I (6/24 - 7/19) Days (please circle one): M & W T & TH

Session II (7/22 - 8/16)

Health Concerns (If none, please state) ______________________________________________________

Participation in recreation sports/activities may involve the risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. In consideration for participation in the program(s) listed above, I hereby for myself, my heirs, executors and administrators waive and release all rights and claims against the City of Waterville, its officers, employees, agents, volunteers and supervisors, from all losses, injury, damages, fees and other expenses, arising out of or in connection with participation in the activity.

In addition, I give my permission for my child(ren) to be treated by qualified medical personnel in the event that the above-named parent/guardian cannot be reached at the phone numbers provided.

I understand the cancellation/refund policy of the Waterville Parks & Recreation Department including the policy regarding trips. The department encourages registrants to consider their schedule prior to registration. No fee will be refunded after the program begins. This policy is strictly enforced. If a program is canceled by the department, you will be notified and fully refunded.

Waterville Parks & Recreation may take pictures and/or videos at our programs, activities, or special events. Please be aware that the picture may appear in future promotional materials, including our brochures and on our website and Facebook pages.

Parent/Guardian Name (Please print) __________________________________________________________

Parent/Guardian Signature ___________________________________________________________ Date Signed __________________