

## Town of Harrisville

705 Chesham Road NH 03450

### Swim Instruction Registration

This registration form may be completed and dropped off at the time of the swim lessons (one form per swimmer)

This program is offered through the Town and is open to all town residents free of charge. For further information contact Alison Weber 603 827-3245 or Meredith Downing, [mdbdowning212@Gmail.com](mailto:mdbdowning212@Gmail.com) (603)762-9972

Lessons levels and dates for the summer program are listed below. Check the swim time that you plan to attend during the summer session. Refer to the swim level requirements to determine which class will best fit the participant's abilities. We encourage you to carefully consider goals and ability as you register.

Classes are filled on a first-come basis, and may be automatically canceled due to inclement weather.

*Note that Parents (Guardians) **must be present and available to watch their children** while they are participating in the lessons without exception.* It is expected that parents (guardians) will supervise their children while at the Beach. If your child is swimming before or after a lesson, they will need your supervision at all times.

#### Class Levels

##### Parent/Toddlers Pre-Level One Goal

If a parent thinks that their child will be very afraid of being in the water without them, we need to have the parent start in the water with us. We will work with parents towards being out of the water eventually depending on the age and independence of the child.

##### Level One Goals

Skills to be learned are open eyes underwater, put face in the water, blow bubbles, pick up objects under the water, balance and control movement in water, front float, and back float independently.

##### Level Two

Beginning stroke development, tickle T touch on back, reach and pull without touching bottom with face in the water, swim underwater to retrieve objects, hold breath underwater, flutter kick front and back, learn front and back stroke, back float and front float for a longer period of time.

##### Level Three

Can swim front and back stroke, elementary backstroke, can swim 25 feet non-stop in stroke, deep water bobbing, treading water for 1 minute, swim underwater for 10 feet, work on whip kick on back and front, beginning breaststroke and dolphin kick.

##### Level Four, Five, Six

Build on basic understanding of the front crawl, backstroke, breaststroke, and elementary backstroke towards stroke refinement, endurance swimming, and butterfly stroke.

##### Teen and Adult Swim Tips

Improve strokes and swimming skills

**Town of Harrisville**

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(one form per swimmer)

Participant Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Parent (Guardian Name) \_\_\_\_\_

Home Address \_\_\_\_\_

Emergency and class cancelation notice contact information

Phone (landline) \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_

**2022 lesson dates**      **July 5, 6,7 12, 13, 14, 15 19, 20, 21**

**Lesson levels and times** (circle the appropriate lesson level/time)

- 9:00 - 09:20 am      Teen and Adult Swim Tips
- 9:25 - 9:45 am      Parent & Toddlers Pre-Level One and Level One
- 9:50 - 10:20 am      Level Two
- 10:25 - 10:55 am      Level Three
- 11:00 - 11:30      Level Four, Five, Six

Please provide any information that you feel will be helpful and important for the instructor to know about you or your child while taking swimming lessons. Any medical needs, special services, etc. should be discussed with the instructor prior to lessons.

\_\_\_\_\_  
\_\_\_\_\_

Finally, the Town requests that by signing this Registration you recognize and agree to waive and release all rights and claims against the Town of Harrisville and its agents and employees from all losses, injury, damages, fess, and other expenses arising out of or in connection with participation in this activity except in the case of sole negligence.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed name and date

This is not a school sponsored event