

FREDERICKSBURG PARKS AND RECREATION
2017 DORIS E. BUFFET POOL - SWIMMING LESSONS REGISTRATION FORM

A brief description of the lessons and times available is listed on the back of the registration form.

Please fill in the requested class dates and level. Date: _____ **Level/ Lesson:** _____

Child's Name: _____ Date of Birth: _____

Age: _____ (as 6/1/17) Gender: Male Female

Phone (H): _____ Phone (C): _____ (Optional)

*** We encourage you to register at www.FredericksburgAlert.com to receive important and cancellation information for the pool and swim classes.

Parent/Guardian Name: _____

Address: _____ City: _____ Zip: _____

Parent Emergency Contact Numbers: (1) _____ (2): _____ (If available)

Emergency Contact Numbers (NOT Parent) :(1) _____ (2) : _____ (If available)

Does your child have any medical condition or take any medications of which we need to be aware of?

NO **YES** If yes, please explain in the space listed below:

WAIVER OF PARTICIPATION: (Please read carefully)

A payee has until the start of this activity to rescind this waiver and void the enrollment. This must be done in writing. Any participation in this activity by the enrollee will indicate acknowledgement of and agreement to the following for the payee and the enrollee alike: 1) there is an inherent possibility of injury in any organized activity offered by the City of Fredericksburg. 2) The City of Fredericksburg does not provide accident insurance for its program participants. 3) Insurance coverage is advisable and payment for any emergency medical, hospital, or physician treatment resulting from injury is NOT the responsibility of the City of Fredericksburg. It is with full understanding of all items above that I give full permission for the enrollee to participate in the activity for which I have enrolled him/her. By enrolling in this program I hereby, for my dependent, waiver and release any and all rights and claims against the City of Fredericksburg and its representatives, successors and assigns for any and all injuries suffered by the enrollee during this activity sponsored by the City of Fredericksburg Parks & Recreation Department.

Photo Permission: I give the City of Fredericksburg, its officials and employees, permission to photograph or videotape the above named participant(s), during his or her participation in this Recreation Program. I understand and agree that the participant's picture and any materials he or she has produced during the program may be placed on the City's website or within other materials publicizing the City's Recreation Programs. I also give permission for the participant, his or her picture, to appear in the newspaper, social media, or on television as a participant in the Recreation Program. Furthermore, I agree to abide by all Pool rules and regulations and understand that breaking these rules is grounds for removal from the facility.

In witness whereof, I have executed this Liability Release and Photo Permission as my own free act on the _____ day of _____, 2017

Signature: _____ **Date:** _____

Parent or participant or Guardian

Swim lessons are eight classes at 30 minutes each. Fridays will only be used to make up missed classes do to cancellation.

DEB Pool Instructor: Parks & Rec Staff

\$39 City, \$46 Non-City Resident for classes Preschool through Level 4. **Private lessons are \$120.00** (see description under Private lessons. Registration Begins: 3/22 residents' 3/29for non-residents

Swim Lesson Descriptions - Levels 1 to 4

(Ages: 6 to 17yrs) Classes meet Monday – Thursday. Pre-registration required for all levels.

Level 1: Introduction to Water Skills -- Water adjustment, floating, breath control, water entry/exit.

Level 2: Fundamental Aquatic Skills -- Breath holding, retrieving objects, orientation to deep water, front and back floating.

Level 3: Stroke Development -- Object retrieval (eyes open), bobbing (submerged head), jumping into deep water, diving from a kneeling position, glides, arm strokes, back crawl, elementary backstroke, reversing directions while swimming on front and back, treading water, deep water entry with life jacket, H.E.L.P. position, huddle position, and basic rescue techniques. Must pass Level 2 skill test to enter Level 3.

Level 4: Stroke Improvement -- Deep water bobbing, rotary breathing, diving from side of pool (stride and standing positions). Must pass Level 3 to enter Level 4.

Level 1 (Ages 6 -17yrs)

Monday – Thursday, 7:15pm-7:45pm

June 19 – June 29

Monday – Thursday, 6:45pm – 7:15pm

June 19 – June 29

Monday – Thursday, 10:45am – 11:15am

July 3 – July 13 (**July 7 Friday Make up day**) **NO CLASS 7/4**

Monday – Thursday, 6:45pm – 7:15pm

July 3 – July 13 (**July 7 Friday Make up day**) **NO CLASS 7/4**

Monday – Thursday, 7:15pm – 7:45pm

July 17 – July 27

Monday – Thursday, 6:45pm – 7:15pm

July 31 – August 10

Level 2 (6yrs – 17yrs)

Monday – Thursday, 7:15pm – 7:45pm

June 19 – June 29

Monday - Thursday, 10:45am – 11:15am

July 3 – July 13 (**July 7 Friday Make up day Friday. NO CLASS 7/4**)

Monday – Thursday, 9:45am – 10:15am

July 17 – July 27

Monday – Thursday, 7:15pm – 7:45pm

July 17 – July 27

Monday – Thursday, 10:45am – 11:15am

July 31 – August 10

Level 3 (6yrs – 17yrs)

Monday – Thursday, 6:45pm – 7:15pm

July 17- July 27

Monday – Thursday, 7:15pm – 7:45pm

July 17 – July 27

Monday – Thursday, 9:45am – 10:15am

July 31 – August 10

Monday – Thursday, 10:15am – 10:45am

July 31 – August 10

Level 4 (6yrs – 17yrs)

Monday – Thursday, 6:45pm – 7:15pm

July 31 – August 10

Monday – Thursday, 7:15 – 7:45pm

July 31 – August 10

Preschool Swim Lessons

(Ages: 4 to 5yrs) Children are taught to feel comfortable in the water while learning elementary aquatic skills. Classes meet Monday through Thursday. **Fridays will only be used as make-up days if needed.** Pre-registration required. Location: Doris E. Buffet Pool

Monday - Thursday, 9:45am -10:15am

June 19- June 29

Monday - Thursday, 10:15am – 10:45am

June 19 - June 29

Monday – Thursday, 6:45pm – 7:15pm

June 19 – June 29

Monday – Thursday, 10:15am – 10:45am

July 3 – Jul 13 (**July 7 Friday Make up day**) **NO CLASS 7/4**

Monday – Thursday, 6:45pm – 7:15pm

July 3 – July 13 (**July 7 Friday Make up day**) **NO CLASS 7/4**

Monday – Thursday, 9:45am – 10:15am

July 17 – July 27

Monday – Thursday, 10:15 am– 10:45am

July 17 – July 27

Parent/Child Swimming

(Ages: 6 months to 3yrs) These skills offer a foundation for learning the swimming strokes. Safety topics are also presented. A parent is required to be in the water. Instructor will work with each group/level as determined. Classes meet Monday - Thursday. **Fridays will only be used as make-up days if needed.** Pre-registration required.

Monday - Thursday, 9:45am -10:15am

June 19- June 29

Monday - Thursday, 10:15am – 10:45am

June 19 - June 29

Monday – Thursday, 6:45pm – 7:15pm

June 19 – June 29

Monday - Thursday, 9:45am – 10:15am

July 3 - July 13 (**July 7 Friday Make up day**) **NO CLASS 7/4**

Monday – Thursday, 10:15am – 10:45am

July 3 – Jul 13 (**July 7 Friday Make up day**) **NO CLASS 7/4**

Monday – Thursday, 7:15pm – 7:45pm

July 3 – July 13

Monday – Thursday, 9:45am – 10:15

July 17 – July 27

Private Lessons

(Ages: 5yrs to Adult) Private lessons offer one-on-one instruction for all ages and all abilities. **Any 2 weeks (8 sessions) 30 minute classes during June 12 - August 11 as scheduled by you & instructor.**

Instructor will call to schedule.