



# NARA Park Group Red Cross Swim Lessons

**ACTON RECREATION DEPARTMENT:** 50 Audubon Drive, ACTON, MA 01720

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## 2018 Swim Lesson Registration Form

Participant's Name: \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Date of Birth: \_\_\_\_\_ Grade in Sept. 2018 \_\_\_\_\_ Prior Swim Lessons at NARA: \_\_\_ Yes \_\_\_ No

Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_



**Level 1:** Minnows    **Level 2:** Stingrays    **Level 3:** Barracudas

**Level 1:** Minnows – Water Exploration: Submerge face, bobbing, supported front and back float, bubble blowing, supported front and back kick, reaching assists, PFD use. Requirements: No prior swimming experience necessary.

**Level 2:** Stingrays – Primary Skills: Submerge head, retrieve objects, prone float/glide/recover, supine float/glide/recover, front and back flutter kick, back crawl arms, front and back combined strokes.

Requirements: Passed Minnows level, or can swim 5 yards on back and front.

**Level 3:** Barracudas – Stroke Readiness: Retrieve object with eyes open, chest deep bobbing, prone and supine glide, front crawl with breathing for 10 yards, back crawl for 10 yards, elementary back stroke for 10 yards, reverse direction front & back, treading water. Requirements: Passed stingrays level, or can do 10 yards of elementary back stroke or front crawl.

***\$60 per group lesson per session. Please check off desired dates and times.***

### Level 1: Minnows

Monday-Thursday	11:45am-12:15pm	4:30pm-5:00pm	5:15pm-5:45pm
June 25-28			
July 2-6 (no lesson on the 4 <sup>th</sup> )			

### Level 2: Stingrays

Monday-Thursday	11:45am-12:15pm	4:30pm-5:00pm	5:15pm-5:45pm
July 9-12			
July 16-19			

### Level 3: Barracudas

Monday-Thursday	11:45am-12:15pm	4:30pm-5:00pm	5:15pm-5:45pm
July 23-26			
July 30-Aug. 2			

Classes are available for children ages 4 to 17. Please sign up for the appropriate swim level on this form. All classes are held at NARA Park's Beach. Participants must have prior swim lesson experience to participate in higher level classes. Certification can only go up to Level 3 as diving is not available at the pond. All swim classes are subject to change due to weather conditions or water quality. Make-up classes will be held on Fridays or a day indicated by instructor. Refunds will not be issued without a written cancellation letter no less than 5 business days from the start of the session. A \$20 non-refundable administrative fee will be retained for each cancelled session per child. Refunds will not be given if a child is unable to attend any make-up sessions.

#### RELEASE OF LIABILITY

I agree to hold harmless the Town of Acton and/or its employees, independent contractors, their agents and employees, from claims or liabilities related to any accident or injury that may occur. I certify that the participant is in good health. I understand there is some risk in taking part in sports and recreational activities, and I am willing to assume those risks. I give permission for medical treatment to be given if the need to arise.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

For Office Use Only: Date received \_\_\_/\_\_\_/\_\_\_ Staff \_\_\_ Amount Paid \$\_\_\_ Check # \_\_\_/Cash/MC/VISA