

2017 Chambersburg Recreation Department Swimming Lessons

Participant's Name _____ DOB _____ Age _____ Grade _____ Gender M or F

Parent/ Guardian's Name _____

Address _____ City _____ Zip _____

E-mail _____ Phone _____

Please Circle Township in which you reside: Boro Greene Guilford Hamilton Letterkenny Lurgan
Other

Please ✓ the child's level under the session of your choice. All classes M- F.

Pre-Beginners: A child must be age 4 by the starting date of the chosen session for enrollment in this program.

Saturday sessions on the back page

Session 1: 6/12-23

Registration deadline: June 7

- 8:00-11:00 Lifeguarding Today
- 8:30-9:30 Level 3
- 8:30-9:30 Level 4A
- 8:30-9:30 Level 4B
- 9:30-10:30 Level 1 (Age 6 & up)
- 9:30-10:30 Level 2
- 9:30-10:30 Level 3
- 10:30-11:00 Pre-Beginner (Ages 4-5)

Session 2: 6/26-7/7

Registration deadline: June 21

- 8:30-9:30 Level 4A
- 8:30-9:30 Level 4B
- 8:30-9:30 Level 5
- 8:30-9:30 Level 6
- 9:30-10:30 Level 1 (Age 6 & up)
- 9:30-10:30 Level 2
- 9:30-10:30 Level 3
- 10:30-11:00 Pre-Beginner (Ages 4-5)

Session 3: 7/10-7/21

Registration deadline: July 5

- 8:30-9:30 Level 2
- 8:30-9:30 Level 3
- 8:30-9:30 Level 4A
- 8:30-9:30 Level 4B
- 9:30-10:30 Level 1 (Age 6 & up)
- 9:30-10:30 Level 2
- 9:30-10:30 Level 3
- 10:30-11:00 Pre-Beginner (Ages 4-5)

Session 4: 7/24-8/4

Registration deadline: July 19

- 8:30-9:30 Level 4A
- 8:30-9:30 Level 4B
- 8:30-9:30 Level 5
- 8:30-9:30 Level 6
- 9:30-10:30 Level 1 (Age 6 & up)
- 9:30-10:30 Level 2
- 9:30-10:30 Level 3
- 10:30-11:00 Pre-Beginner (Ages 4-5)

	<u>Cost</u>	<u>Borough Rate</u>
Pre-Beginner (4 & 5 yr. old)	\$ 55	\$ 49
Levels 1 - 4	\$ 65	\$ 59
Levels 5 - 6	\$ 69	\$ 65
Lifeguarding Today*	\$125	\$115

*The participant is responsible for securing a book and mask for Lifeguarding Today (additional \$34.95 and \$14.95). Upon passing the course, an additional \$35 will be paid to the instructor to obtain certification cards.

Waiver

I/We, the undersigned, give my/our consent to have _____ (name of child) participate in the swimming classes to be conducted at **Guilford Pool**. I/We understand that the cooperating organizations providing the pool and the instructors will not be held responsible for loss of property, injury or death due to accident. I/We hereby release and discharge the Department of Recreation of the Borough of Chambersburg, the Franklin County Chapter of the American Red Cross, all cooperating organizations and their agents and employees from all liability, claims and actions for damages resulting from accidental injuries, death or property loss in connection with said child's participation in said swimming class.

Parent / Guardian Signature: _____ Date: _____

Please Return Form with Payment to: Chambersburg Recreation Department, 235 S. 3rd St., Chambersburg, PA 17201

Saturday Morning Classes
Red Cross Certified "Learn to Swim" Program

Saturday Session Dates: July 8 - August 5

Registration deadline: June 30

Please circle the class or level in which you wish to enroll yourself or your child.

<u>Class</u>	<u>Times</u>	<u>Cost</u>	<u>Boro Resident</u>
Adult	8:30-9:30 AM	\$55	\$45
Levels (please circle approximate skill level)			
1	9:30-10:30 AM	\$55	\$45
2	9:30-10:30 AM	\$55	\$45
3	9:30-10:30 AM	\$55	\$45
4	9:30-10:30 AM	\$55	\$45
Pre-Beginner	10:30-11:00 AM	\$45	\$35
Mommy & Me (2-3 yrs)	10:30-11:00 AM	\$39	\$29
(Guided class focusing on water acclimation and enjoyment)			

Chambersburg Recreation Department Learn to Swim Program

The Recreation Department will conduct swimming lessons at the **Guilford Pool, 112 Ragged Edge Road, Chambersburg, PA 17202**, from **June 12 - August 4, 2017**. Classes in swimming and water safety will be taught by American Red Cross Water Safety Instructors.

Pre-beginner - MUST be a minimum of 4-5 yrs. of age. Introduces basic water acclimation and safety skills. Focuses on swimming skills of front and back floating, kicking and arm motions. May not advance to level 1 until child is 6 yrs. old.

Level 1 - Must be a minimum of 6 yrs of age. Builds on pre-beginner foundational skills. Skills must be successfully completed with support before advancing.

Level 2 - Using basic arm and leg actions taught in Level 1, students will learn to move more independently through the water. Skills successfully completed without support before advancing.

Level 3 - Students continue to improve skills and refine strokes learned in previous levels. Deep water skills such as diving is introduced.

Level 4A - Students are introduced to kicks for breast stroke, butterfly and sidestroke, while improving endurance for the front and back crawl.

Level 4B - Students continue to improve stroke techniques taught in Level 4A and continue to build endurance for all strokes.

Level 5 - Stroke refinement for all strokes taught in Level 4 and swimming distances increase. Students work towards accomplishing 100 yards continuously.

Level 6 - Students work to swim with ease, efficiency and power over increasingly greater distances. Students work towards swimming 500 yards continuously. Safety skills begin to shift towards those required for lifeguarding.

Lifeguarding Today - The objective of the course is to provide the individual with the knowledge and skills needed to become a well-trained professional lifeguard at pools and non-surf beaches. Includes CPR: 1. Adult 2. Infant/child 3. Professional Rescuer and first aid in and around water, with spinal injuries emphasized. Prerequisite: minimum age of 15 years prior to the start of the course.