



Chambersburg Recreation Department 2021 Summer Swimming Lessons



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

Address _____ City _____ Zip _____

Email _____ (1) Phone _____

Parent or Guardian Name: _____ (2) Phone _____

Are there any medical conditions or medications of which we should be aware? If yes, please explain.

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

Please check (v) the child's level under the session of your choice.

MAY 22nd – 28th (Sat, M-F)

**Must attend every date*

Registration Deadline: May 14th

- _____ Lifeguarding Today
- _____ Sat: 8:00 AM-12:00 PM
- _____ M-F: 4:00-7:00 PM

SESSION 1: JUNE 14th – 25th (M-F)

Registration Deadline: June 7th

- _____ Jr. Lifeguarding 8:30-9:30 AM
- _____ Level 4A 8:30- 9:30 AM
- _____ Level 4B 8:30-9:30 AM
- _____ Level 3 9:00-9:45 AM
- _____ Level 3 9:15-10:00 AM
- _____ Level 2 9:45-10:30 AM
- _____ Level 2 10:00-10:45 AM
- _____ Pre-Beginner 10:00-10:30 AM
- _____ Level 1 10:30-11:15 AM
- _____ Pre-Beginner 10:30-11:00 AM
- _____ Level 1 10:45-11:30 AM
- _____ Pre-Beginner 11:00-11:30 AM

SATURDAYS: JULY 3rd – JULY 31st

Registration Deadline: June 25th

- _____ Adult 8:30-9:15 AM
- _____ Level 1 9:30-10:15 AM
- _____ Level 2 9:30-10:15 AM
- _____ Pre-Beginner 10:30-11:00 AM
- _____ Mommy & Me 10:30-11:00 AM

SESSION 2: JUNE 28th – JULY 9th (M-F)

Registration Deadline: June 21st

- _____ Level 4A 8:30-9:30 AM
- _____ Level 4B 8:30- 9:30 AM
- _____ Level 3 9:00-9:45 AM
- _____ Level 3 9:15-10:00 AM
- _____ Level 2 9:45-10:30 AM
- _____ Level 2 10:00-10:45 AM
- _____ Pre-Beginner 10:00-10:30 AM
- _____ Level 1 10:30-11:15 AM
- _____ Pre-Beginner 10:30-11:00 AM
- _____ Level 1 10:45-11:30 AM
- _____ Pre-Beginner 11:00-11:30 AM

SESSION 3: JULY 12th – 23rd (M-F)

Registration Deadline: July 6th

- _____ Level 5 8:30-9:30 AM
- _____ Level 6 8:30-9:30 AM
- _____ Level 4A 8:30-9:30 AM
- _____ Level 4B 8:30-9:30 AM
- _____ Level 3 9:00-9:45 AM
- _____ Level 3 9:15-10:00 AM
- _____ Level 2 9:45-10:30 AM
- _____ Level 2 10:00-10:45 AM
- _____ Pre-Beginner 10:00-10:30 AM
- _____ Level 1 10:30-11:15 AM
- _____ Pre-Beginner 10:30-11:00 AM
- _____ Level 1 10:45-11:30 AM
- _____ Pre-Beginner 11:00-11:30 AM
- _____ Mommy & Me 11:00-11:30 AM

SESSION 4: JULY 26th – AUGUST 6th (M-F)

Registration Deadline: July 19th

- _____ Level 3 9:00-9:45 AM
- _____ Level 3 9:15-10:00 AM
- _____ Level 2 9:45-10:30 AM
- _____ Level 2 10:00-10:45 AM
- _____ Pre-Beginner 10:00-10:30 AM
- _____ Level 1 10:30-11:15 AM
- _____ Pre-Beginner 10:30-11:00 AM
- _____ Level 1 10:45-11:30 AM
- _____ Pre-Beginner 11:00-11:30 AM
- _____ Mommy & Me 11:00-11:30 AM

Refund Policy – Updated 4/5/2021

During the time of COVID-19, all program registrations will be processed. If your child is no longer able to participate in this program, except in the event of a personal medical-related issue and a doctor's note is provided, we will provide an account credit for another Recreation program. In the circumstance of a personal medical-related issue with a doctor's note, should you wish to receive a refund, this request will be honored.
_____ (Initial)



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Waiver / Photo Release

This form grants _____ (participant's name) permission to participate in the Chambersburg Recreation Department's Swimming Lessons. I am aware that this type of recreational activity may result in injury (we) agree that the Borough of Chambersburg, its representatives and/or other organizations and individuals connected with sponsoring or conducting this event will not be held liable for any injury that may occur.

I, _____, give my permission to the Chambersburg Recreation Department to use photographs of my child or myself for the purpose of advertising and promotion.

Parent or Guardian Signature _____ Date: _____

Prices: (Week Days)	Cost	Borough Rate
Pre-Beginner (4 & 5 year olds)	\$59.00	\$49.00
Mommy & Me	\$59.00	\$49.00
Levels 1 – 4	\$75.00	\$65.00
Levels 5 – 6, Jr. Lifeguarding	\$75.00	\$65.00
Lifeguarding Today*	\$169.00	\$159.00

*The participant is responsible for securing a book and mask for Lifeguarding Today. Purchase the book at <https://www.redcross.org/store/american-red-cross-lifeguarding-manual/755735.html?cgid=lifeguarding-course-materials#start=1&cgid=lifeguarding-course-materials>. Purchase the mask at <https://www.redcross.org/store/training-supplies/cpr-masks-and-face-shields>. Upon completion and passing of the Lifeguarding course, participants will receive their certification card (\$40 charged by the American Red Cross). *If a participant would like to work at the Aquatic Center, upon completion and passing of course, and is hired to work as a guard, the cost of the class will be reimbursed to the participant minus the \$40 cost of the certification card.*

Prices: (Saturdays)	Cost	Borough Rate
Pre-Beginner (4 & 5 year olds)	\$49.00	\$39.00
Mommy & Me	\$45.00	\$35.00
Levels 1 – 2	\$59.00	\$49.00
Adult	\$55.00	\$45.00

Chambersburg Recreation Department's Red Cross Certified Learn to Swim Program

Pre-Beginner – Must be a minimum of 4-5 years 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 years old. **Weekday Session max = 18 / Saturday Session max = 6**

Mommy & Me – Must be a minimum of 2-3 years of age. Toddlers will become acclimated to the water and discover they enjoy it. One adult must accompany the toddler in the water. **Weekday Session max = 18 / Saturday Session max = 6**

Level 1 – Must be a minimum of 6 years of age. Builds on pre-beginner foundational skills. Skills must be successfully completed with support before advancing. **Weekday Session max = 18 / Saturday Session max = 6**

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. **Weekday Session max = 18 / Saturday Session max = 6**

Level 3 – Students continue to improve skills and refine strokes learned in previous levels. Deep water skills such as diving is introduced. **Weekday Session max = 18**

Level 4A – Students are introduced to kicks for breast stroke, butterfly and sidestroke, while improving endurance for the front and back crawl. **Weekday Session 1 & 3 max = 6 / Weekday Session 2 max = 9**

Level 4B – Students continue to improve stroke techniques taught in Level 4A and continue to build endurance for all strokes. **Weekday Session 1 & 3 max = 6 / Weekday Session 2 max = 9**

Level 5 – Stroke refinement for all strokes taught in Level 4 and swimming distances increase. Students work towards accomplishing 100 yards continuously. **Weekday Session max = 6**

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. **Weekday Session max = 6**

Jr. Lifeguard – The objective of the course, designed for kids 11-14 years of age, is intended to build a foundation of knowledge and skill for future Lifeguards. Participants will focus on developing swimming skills to help them accomplish the Lifeguarding Course requirements. The course also introduces Lifesaving Skills, use of rescue tubes, first aide, CPR and AED. Students will also shadow Lifeguards during their rotations. **Weekday Session max = 6**

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. Pre-requisite: minimum age of 15 years prior to the start of the course. **Session max = 15**

Adult – Must be at least 16 years of age and older. This class is designed to help any participant who would like to learn to swim or refine their current skills. **Saturday Session max = 6**

Please return form with payment to: Chambersburg Recreation Department, 235 S. 3rd Street, Chambersburg, PA 17201



Chambersburg Recreation Department 2021 Summer Swimming Lessons



Chambersburg Recreation Department COVID-19 Guidelines – Swimming Lessons

Revised 3/29/2021

Swimming Lessons Specific Guidelines:

- Please do not enter the facility sooner than 10 minutes prior to the start of child's lesson time. Please arrive on time for lessons.
- Parents/guardians, may bring own lawn chair to wait for your child during their lesson time or sit at the picnic tables, adhering to social distancing. You can sit on the top deck of the Aquatic Center, as well at the lower deck under the shade structures and picnic tables near the kiddie pool. *Only parents/guardians and participants are allowed to enter the facility and stay during the lesson duration time. If siblings are attending the next class, they are allowed to stay for duration of class.*
- Parent's Day will not be held this season.
- On rainy days, participants are still asked to swim. No Red Cross videos will be shown this year.
- In the case of extreme inclement weather, swim lessons may be cancelled. No refunds or make-ups for cancelled classes. In the event of inclement weather, please check the Recreation Department blog at <https://www.chambersburgpa.gov/blog3/>

Other Guidelines:

- All swim staff will be wearing a face shield.
- Participants and parents are required to wear a mask. This requirement does not apply to individuals under 2 years old or those whose health would be jeopardized by wearing a face covering.
 - Entry into the Aquatic Center facility
 - Customer service counter
 - Locker rooms and restrooms
 - When 6 feet social distancing is not possible
 - Participants will not wear a mask in the water
- Participants and instructors will adhere to 6 feet distancing. If siblings are participating in the same program, they are not required to adhere to 6 feet distancing with each other.
- Upon drop-off and entry into the Aquatic Center, parents and participants should expect:
 - All are required to wear a mask upon entry of the Aquatic Center.
 - Siblings or other youth are not to come along to drop-off if they are not registered in the program
 - Participants will be asked the following:
 - In the past 2-14 days have you experienced:
 - Fever over 100.4 degrees
 - Cough
 - Shortness of breath
 - Sore throat
 - Congestion / Runny Nose
 - Diarrhea
 - Difficulty Breathing
 - Sudden loss of taste or smell
 - If yes to any of these, participant will not be able to attend the lesson
- If a participant feels sick prior to coming to program, they are NOT ALLOWED to attend program, and Rec Staff must be notified immediately of symptoms. If participant starts to feel sick during program, participant will be removed from program area and parents will be notified immediately (parents must pick up child within 30 minutes or by end of program whichever comes first).
- All equipment (program supplies, etc.) will be cleaned and disinfected prior to start of program and end of program.
- We ask participants to not bring anything from home unless it is a mask, water bottle, and towel.



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WAIVER AND RELEASE

THIS WAIVER & RELEASE (the "Waiver") is provided on the date indicated below and is agreed to and signed in consideration of being permitted to participate in any program, activity, event, or any other similar occurrence (the "Activity") directly or indirectly organized, authorized, or provided by the Borough of Chambersburg (the "Borough") or taking place on or in any Borough property, grounds, or facilities. By signing below, the Participant acknowledges, understands, and agrees to be bound by the following:

1. Participation in Activity may result in Participant's exposure to and/or illness and infection from diseases, including, but not limited to, MRSA, influenza, and COVID-19, and these diseases, illnesses, infections, and viruses can carry the risk of serious illness or death.
2. Participant knowingly and freely assumes all such risks, both known and unknown, whether or not said risks are associated with the illnesses and diseases listed above, or from other infectious diseases, infections, illnesses, and viruses not contemplated herein. Participant assumes full responsibility for participation in the Activity.
3. Participant hereby agrees to release and hold harmless the Borough, its successors and assigns, its agents, officers, elected officials, employees, and their heirs and assigns (the "Releasees") from any and all liability arising from or related to the Activity and Participant's participation therein, including negligence. Participant further releases and holds harmless the Borough and Releasees from any and all damages arising from injuries, illness, disability, death, loss or damage to person or property, resulting directly or indirectly from participation in the Activity.
4. Participant shall comply with the guidelines issued by the Centers for Disease Control and Prevention and the Pennsylvania Department of Health regarding the prevention of the spread of infectious diseases, including COVID-19, to the extent practicable while participating in the Activity.
5. Participant assumes the responsibility to terminate participation in the Activity if Participant notices, observes, or becomes aware of any unusual or significant hazard that arises during the course of the Activity.
6. **Minor Participants.** Any Participant who is under the age of 18 (the "Minor Participant") shall have a parent/guardian/person with legal responsibility for the Minor Participant (the "Responsible Party") sign this Waiver on the Minor Participant's behalf, and all the terms and conditions of this Waiver shall apply to the Minor Participant. The Responsible Party has read, understood, and agreed to the terms of this Waiver and has explained to the Minor Participant the potential risks associated with participation in the Activity. The Minor Participant and Responsible Party understand the rules and guidelines contemplated by this Waiver. The Responsible Party, for itself, its spouse/partner, and the Minor Participant freely consents and agrees to be bound by the Waiver and to release and hold harmless the Borough and Releasees for any and all liabilities as provided in this Waiver that may arise from Minor Participant's participation in the Activity.

Initials of Responsible Party: _____

Date: _____

Participant Name

Participant Signature or
Parent/Guardian Signature for Minor Participant

Name of Parent/Guardian for Minor Participant