



Department of Parks & Recreation
Recreation Division
101 Field Point Road - Greenwich, CT 06836-2540
Phone: (203) 618-7649 Email: Recreation@GreenwichCT.org



2018 Spring Swim Program

Greenwich Boys & Girls Club Pool

ACTIVITY NUMBER: 10702

DESCRIPTION: Youth swim lessons program of eight, one-half hour sessions. See page 2 for descriptions of each level of classes offered. Class schedule may be changed or cancelled according to enrollment and demand.

AGES & PRE-REQUISITES: Lessons for youth ages 4 and up. Parent/child swim for ages 2-4 years approximately. See Goals and Guidelines for Swimming Lessons on page 2. Must provide copy of birth certificate or passport if not submitted for past program(s).

SESSIONS: Saturdays, March 24 through June 2. **NO classes on Saturday, March 31 due to Easter Weekend; NO classes Saturday May 5 and May 26: eight sessions.**

SECTION NUMBER	CLASS LEVEL	TIMES
01	Parent / Child – No Instructors for this class	12:00 PM - 12:30 PM
02	Parent / Child – No Instructors for this class	2:00 PM – 2:30 PM
03	Goldfish (Ages 4-5)	12:00 PM - 12:30 PM
04	Goldfish (Ages 4-5)	12:40 PM - 1:10 PM
05	Goldfish (Ages 4-5)	1:20 PM - 1:50 PM
06	Goldfish (Ages 4-5)	2:40 PM - 3:10 PM
07	Goldfish (Ages 4-5)	3:20 PM – 3:50 PM
08	Goldfish (Ages 4-5)	4:00 PM – 4:30 PM
09	Level I	12:40 PM - 1:10 PM
10	Level I	2:00 PM - 2:30 PM
11	Level I	3:20 PM - 3:50 PM
12	Level I	4:00 PM – 4:30 PM
13	Level II	1:20 PM – 1:50 PM
14	Level II	2:40 PM - 3:10 PM
15	Level III	2:00 PM - 2:30 PM
16	Level IV	12:00 PM - 12:30 PM

LOCATION: Greenwich Boys and Girls Club, 4 Horseneck Lane, Greenwich

REGISTRATION DATES: Space is limited and registration is first come, first serve.

- Online: **Monday, February 5** – online registration is only available to Greenwich residents. To register online go to: www.greenwichct.org/webtrac and select “Activity Registration”.
- Mail-in: **Tuesday, February 20** - Application should not be post-marked earlier than February 20.
- In-person: **Monday, February 26** at the Parks & Recreation Office. Non-residents may register beginning February 26.

Continued on following pages.

Proof of Greenwich residency is required once each calendar year for all Parks and Recreation programs. The Primary account holder is required to provide two current proofs of Greenwich residence. Acceptable forms of proofs with resident name and Greenwich address are as follows: *residential lease, utility bill (gas, electric, water, oil), phone, internet and/or TV service bill (No cell/wireless phone bills), credit card or bank statement (not mortgage statement) or valid driver's license or CT State ID card.* **ALL participants**, under 25, require a birth certificate or passport on file. **ALL non-residents must provide identification and proof of address.**

FEE: \$115.00 per child payable to "Town of Greenwich". Mail or bring completed form with full payment to:
 Spring Swim
 Department of Parks and Recreation
 101 Field Point Road
 Greenwich, CT 06836-2540

We accept Visa, MasterCard, American Express and Discover credit cards for resident online registration and at the Town Hall Parks and Recreation Office. There are no refunds and we do not pro-rate fees. Requests for credit will only be considered if received in writing prior to the start of the program. There is a \$15.00 administrative fee for credits and a \$25.00 fee for any returned checks.

GOALS and GUIDELINES for SWIMMING LESSON CLASS LEVELS

PARENT/CHILD	APPROXIMATE AGES 2-4, Child must be walking and potty trained. One adult (parent or guardian) per child must be in the water. Basic water safety, blowing bubbles, going under, kicking, reaching with arms, using a kickboard. This is an opportunity for the parent to get the child accustomed to the pool water. No instructors for this class.
PRE SCHOOL "GOLDFISH"	AGES 4-5 Water entrance/exit, buoyancy, bubble blowing, submerge head, bobbing, finning, kicking, floating-back/front, roll front to back and back to front, jump into the pool, open eyes under water.
LEVEL I	AGES 6 AND UP INTRODUCTION Water entrance/exit, buoyancy, bubble blowing, submerge head, bobbing, finning, kicking, floating-back/front, roll front to back and back to front, jump into the pool, open eyes under water. Treading, rhythmic bobbing, gliding, position changing, arm/leg action.
LEVEL II	AGES 6 AND UP FUNDAMENTALS Child should have passed Level I All of the above plus: Introduction to rhythmic breathing, rotary breathing, longer gliding/floating, alternating arm/leg actions, combined arm/leg actions.
LEVEL III	AGES 6 AND UP STROKE DEVELOPMENT Child should have passed Level II All of the above plus: Deep water jump and recovery, seated head first entry, survival floating, position changing in deep water, introduction to all strokes EXCEPT butterfly.
LEVEL IV	AGES 6 AND UP STROKE IMPROVEMENT Child should have passed Level III All of the above plus: Butterfly stroke.



Program Registration (please print)

Program Name _____ Activity # _____ Section # _____

Participant's Name _____ Gender (M/F) _____

Address _____ Town _____ Zip Code _____

Birth Date _____ Age _____ Grade _____ School _____

Specific Program Information: _____

Parent/Guardian _____ e-mail _____

Home Phone _____ Work Phone _____ Cell _____

In case of emergency notify the following:

Name _____ Phone _____ Relationship: _____

List Physical Restriction(s): _____

INDEMNIFICATION AND RELEASE

THIS IS A LEGALLY BINDING DOCUMENT. DO NOT SIGN IT UNTIL YOU HAVE READ THE CONTENTS HEREOF AND UNDERSTAND THE SAME. IF YOU ARE IN DOUBT, CONSULT AN ATTORNEY PRIOR TO SIGNING THIS DOCUMENT.

The Undersigned (hereinafter referring to myself, my minor children or charges, my heirs and assigns) hereby agree(s) to assume all risk and bear all responsibility and to indemnify and hold the TOWN OF GREENWICH, its agents, representatives, servants, officers, and employees, harmless from and against any and all claims, demands, suits, proceedings, liabilities, judgments, awards, losses, damages arising out of injuries to any persons or property, including any and all costs and expenses incurred in the defense of such claims, demands, suits and proceedings including court costs and attorneys' fees resulting from, arising out of, or in any way related to or connected with my/our participation in the _____ program sponsored by the Town of Greenwich/use of Town of Greenwich property/facilities/apparatus or equipment thereof.

The Undersigned, does forever discharge the Town of Greenwich, its agents, representatives, servants, officers and employees from any and all claims including claims of negligence or carelessness, alleging damages and any and all causes of action which the Undersigned may have or may hereafter have, arising out of, related to, or in any manner connected with injuries or damages the Undersigned may sustain by reason of my participation in the above-described program or use of the Town of Greenwich property, facilities, apparatus or equipment.

The Undersigned, the participant or parent/guardian of the above named person, who participates in programs organized by the Town of Greenwich Department of Parks and Recreation, assumes all risks and hazards incidental to the conduct of the activity and transportation to and from the activity. I am aware that participating in any recreational program can be a dangerous activity involving many risks of injury. I further understand there is inherent risk associated with the(se) activity (ies) and authorize emergency medical treatment and transportation in my absence.

Dated at Greenwich, Connecticut, this _____ day of _____ 201__.

Signature of Participant or Parent or Guardian for participants under 18 years of age:

HH# _____ Method of Payment _____ Receipt # _____ Initials _____