



Spring Swim Program

Greenwich Boys & Girls Club Pool

ACTIVITY NUMBER: 10702

DESCRIPTION: Youth swim lessons program of eight sessions. Class schedule may be changed or cancelled according to enrollment and demand. See Guidelines and Goals.

AGES: See Guidelines for Swimming Lessons on reverse page.

SESSIONS: Saturdays, April 1 through June 3 **NO classes on Saturday, April 15 due to Easter Weekend, no classes Saturday, May 27; eight sessions.**

SECTION NUMBER	CLASS LEVEL	TIMES
01	Parent / Child – No Instructors for this class	2:40 pm - 3:10 pm
02	Novice (3½ feet to chin)	12:00 pm - 12:30 pm
03	Novice (3½ feet to chin)	12:40 pm - 1:10 pm
04	Novice (3½ feet to chin)	4:00 pm - 4:30 pm
05	Novice (3½ feet to chin)	4:40 pm - 5:10 pm
06	Novice (3½ feet to chin)	2:40 pm - 3:10 pm
07	Beginner I	2:00 pm - 2:30 am
08	Beginner I	3:20 pm - 3:50 pm
09	Beginner I	12:40 pm - 1:10 pm
10	Beginner II (has taken Beginner – enjoys the water)	1:20 pm - 1:50 pm
11	Advanced Beginner	3:20 pm - 3:50 pm
12	Intermediate	12:00 pm - 12:30 pm

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

REGISTRATION: Online registration begins March 4 and is only available to Greenwich residents. To register online go to: www.greenwichct.org/webtrac and select "Activity Registration".

Mail-in registration and in-person registration at the Parks & Recreation Office begins March 13.

If not yet provided in 2017, residents must provide proof of residency and non-residents must provide identification and proof of address. Resident primary addressee must provide two proofs and any household member 25 years or older must provide one proof for the purchase of passes, activities or tickets. Proofs for Greenwich residents may include: *residential lease, utility bill (gas, electric, water, oil), credit card bill, bank statement (not mortgage) cable bill, phone bill (not cell), driver's license, DMV ID.* *Proofs of Greenwich residential address must be current and show resident name.*

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 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 FOR CLASS LEVELS

PARENT/CHILD	Basic water safety, blowing bubbles, going under, kicking, reaching with arms, using a kickboard. No instructors for this class.
NOVICE	Basic water safety, blowing bubbles, going under, front crawl stroke using kickboard, back float, jumping.
BEGINNER I	Front crawl stroke 25 feet without kickboard, back float, jumping, introduction to back stroke and introduction to diving.
OLDER BEGINNER	Front crawl stroke 25 feet without kickboard, back float, jumping, introduction to backstroke, and introduction to diving.
BEGINNER II	Front crawl stroke 50 feet, back float, back stroke 25-50 feet, introduction to breaststroke, elementary backstroke, treading water.
ADULT BEGINNER	Front crawl stroke, back float, backstroke, breaststroke, elementary backstroke, treading water.
ADVANCED BEGINNER	Front crawl stroke and backstroke 50 feet refined, breaststroke 50 feet, introduction to elementary backstroke, diving, treading water.
INTERMEDIATE	Front crawl stroke, backstroke and breaststroke 50 feet refined, elementary backstroke 50 feet, diving, treading water.

GUIDELINES FOR SWIMMING LESSONS

Shallow End of the Pool

PARENT/CHILD	Child should be walking and out of diapers. One adult (parent or guardian) per child must be in the water. Approximately ages 24 months – 4 years. No Instructors in water for this class.
NOVICE	Child should not be afraid of the water. Child must be 3 ½ feet tall from the bottom of his/her to chin to his/her feet. Approximately ages 4 – 5 years.
BEGINNER I	Child must have passed NOVICE and/or should be able to swim front crawl stroke for 25 feet with a kickboard. Approximately ages 6 – 7 years.
BEGINNER II	Child MUST have passed BEGINNER I and/or should be able to swim front crawl stroke for 25 feet without floatation device. Child should have had some prior experience with backstroke. Approximately ages 8 – 9 years.

Deep End of the Pool

ADVANCED BEGINNER	Child MUST have passed BEGINNER II and/or should be able to swim front crawl for 50 feet. Child should also have some prior experience with backstroke and breaststroke.
INTERMEDIATE	Child MUST have passed ADVANCED BEGINNER and/or should be able to swim front crawl and backstroke for 50 feet. Child should also have had some prior experience with Breaststroke and elementary backstroke.



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: