

# SWIM LESSONS

Participant's Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Boy \_\_\_ Girl \_\_\_

Member \_\_\_\_\_ Non-member \_\_\_\_\_ Last completed swim level \_\_\_\_\_ This year swim level \_\_\_\_\_

Parents Names \_\_\_\_\_

Address/City/Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Daytime/Cell Phone \_\_\_\_\_

Please list any medical conditions \_\_\_\_\_

**\* \* \* WAIVER FOR PARTICIPANT BY PARENT \* \* \***

*I agree to assume full responsibility for any risk implicit or direct by participating in any activity or facility. The City of Glidden does not provide individual, team, or group accident insurance for participants in parks and recreation activities. The individual mentioned above has my permission to participate. I also give permission for any photos of participants taken during the program to be used for future Department promotional materials.*

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Parent/Guardian

Member registration fee is FREE/non-member fee is \$20 per child if returned to the City Office by June 30<sup>th</sup>. No registrations accepted after July 3<sup>rd</sup>. No refunds. May conflict with other recreation programs.

OFFICE USE: Received \_\_\_\_\_ Check \_\_\_ Cash \_\_\_ Amount \$ \_\_\_\_\_ Member # \_\_\_\_\_

\*\*\*\*\*CLIP AND SAVE\*\*\*\*\*CLIP AND SAVE\*\*\*\*\*

The Glidden Aquatic Center will hold a 1-week session of swimming lessons on weekday mornings from July 10<sup>th</sup> through July 14<sup>th</sup>. American Red Cross teaching guidelines will be followed. The child must show adequate ability to perform the same functions as required by the Red Cross. A completion certificate will be issued. If the child shows their capability to perform the required functions they will pass to the next higher level for next summer. Our staff of lifeguards will do their best to assure that each participant learns the necessary skills to help them become a better swimmer. **You will only be notified by staff if your child's class is full, time change, or the class is cancelled.** If you have any questions, please call the City Office at 659-3010. Listen to KCIM for weather cancellations.

Ages: 3 and older (Level classes must be at least six years old)

Class size: minimum of 6

|                                  |                |
|----------------------------------|----------------|
| Session time: 12:00 – 12:30 a.m. | Level: PS      |
| 11:15 – 11:45 a.m.               | Level: 1, 2, 3 |
| 10:30 – 11:00 a.m.               | Level: 4, 5, 6 |



Level Preschool: Comfortable in water safely (3-4-5 years old)

Level 1: Introduction to Water Skills (6+ years old completed Kindergarten)

Level 2: Fundamental Aquatic Skills

Level 3: Stroke Development

Level 4: Stroke Improvement

Level 5: Stroke Improvement

Level 6: Personal Water Safety