



Mendon Parks Department 2016 Swim Lesson Program Registration Form



Child's Name: _____ Date of Birth: _____

Address: _____
(street) (town) (state) (zip)

Parent/Guardian's Name: _____

Phone: _____ Email Address: _____

Lessons are held at the Mendon Town Beach: 45 Taft Ave. Mendon, MA

Lesson Times

See level descriptions on 2nd page

8:40 - 9:20 AM*	Levels 4, 5, & 6
9:30-10:10 AM	Level 3
10:20-11:00 AM	Level 2
11:10-11:40 AM	Level 1 ** NEW CLASS!!

*Times are subject to change based on enrollment

Please Select Session(s) & Level(s)

Session 1 6/27-7/8 (Make Up Days 7/11-7/15)	1	2	3	4	5	6
Session 2 7/18-7/29 (Make Up Days 8/1-8/5)	1	2	3	4	5	6
Session 3 8/8-8/19 (Make Up Days 8/22-8/26)	1	2	3	4	5	6

The week after each session will be used for make-ups in the case of cancelations.

Pricing for Mendon and Uxbridge Residents (Non-Residents, add \$10)

Level 1	\$50/session
Levels 2-6	\$65/session

Payments are due TWO weeks prior to ensure class availability.

Please make checks payable to the Town of Mendon
Registration forms may be returned to: Town Hall, the Town Beach,
Or mailed to: Mendon Parks Dept, 20 Main St., Mendon, MA 01756

ALL PAYMENTS ARE NON-REFUNDABLE

REGISTER AND PAY ONLINE!
www.mendonma.gov/Swim-Lessons

****NEW CLASS!!**
Water Exploration
Parent & Child Class
Ages 2.5+,
\$50/Session
Child must be toilet trained

30 min class to provide a fun and exciting intro to swimming and basic water safety.

Parent or Guardian expected to participate with child

Parks Dept. Use

S1 \$ _____

PD? _____

P/F _____

S2 \$ _____

PD? _____

P/F _____

S3 \$ _____

PD? _____

P/F _____

- Lessons run **Monday** through **Friday** in 2 week sessions.
- Please be aware that class size is limited and availability is on a first come basis.
- A Parent or Guardian **MUST** remain on-site during lessons.
- Parents will be notified of any cancellations via email.
- Cancellations will also be posted on Facebook and Twitter.

To receive text message notifications of cancellations, text @mendonp to 508-422-0728



www.facebook.com/MendonParks



[@MendonParks](https://twitter.com/MendonParks)

General Liability Waiver

I, the parent and/or legal guardian of _____ (**name of child**), a minor child, understand that the Mendon Parks Department and its staff members make every effort to conduct safe programs, events and activities, to orient and support children, and to inform families of inherent risks. Some programs, events and activities may involve risks that children do not routinely encounter at home. Risk management is an essential element of all the programs, events and activities offered. While the Mendon Parks Department anticipates that these efforts will ensure the wellbeing of each child, we are also aware that it is neither possible to foresee every contingency nor to eliminate all risk.

Other risks may be inherent in programs, events and activities sponsored, conducted, organized or provided by the Mendon Parks Department. We understand the nature of these programs, events and activities, as well as the child's experience and capabilities. I believe my child to be qualified, in good health, and in proper physical condition to participate in these programs, events and/or activities. We are aware of all risks of damage or injury associated with the child's participation in these programs, events and activities, all such risks being known and appreciated by us. I hereby agree on behalf of myself and my child to assume such risks (actual or inherent).

I understand and agree, on behalf of myself and my child, that my child shares the responsibility for safety during Mendon Parks Department programs, events and activities, and I personally assume that responsibility on behalf of myself and my child. I understand and agree that my child's participation in the Mendon Parks Department's programs, events and activities is completely voluntary, and that I have become familiar with the programs, events and activities in which my child may participate.

In consideration of my child being permitted to participate in these programs, events and activities, my child and I, on behalf of ourselves and our respective representatives, successors, agents, assigns and any person claiming by, under, through, or in concert with us, do hereby forever unconditionally, voluntarily, knowingly, and irrevocably release, acquit, discharge, agree not to sue, and agree to indemnify and hold harmless the Town of Mendon and the Mendon Parks Department and their past, present and future departments, boards, employees, officials, agencies, volunteers, representatives, successors, agents, and assigns, from and against any and all actions, claims, demands, damages, causes of action, losses, costs (including attorney fees), injuries, liabilities and obligations of every kind and description, both at law and in equity, known or unknown, anticipated or unanticipated, which I may now or hereafter have as the parent and/or legal guardian of my child or which my child has or hereafter may acquire, either before he/she or after he/she has reached his/her age of majority, against said releasees collectively or against any one or more of them, in any way arising out of, in connection with, or incident to, my child's participation in the Mendon Parks Department's programs, events and activities, wherever occurring, including, but not limited to, for any parental loss of consortium and/or for personal and/or emotional injury that my child may suffer.

Printed Name of Parent/Guardian _____

Date _____ **Parent/Guardian Signature** _____

Level Descriptions

Suggested Min Age for Levels 2-6: 5 (Child must be able to follow instructions and enter/ exit the water independently.)

<p style="text-align: center;">Level 1: Water Exploration NEW CLASS!! Parent & Child Class Ages 2.5+, Child must be toilet trained \$50/Session 30 min class to provide a fun and exciting intro to swimming and basic water safety. Parent or Guardian expected to participate with child</p> <p>Purpose: To help students feel comfortable in the water and to enjoy water safely.</p> <p>Topics Covered:</p> <ul style="list-style-type: none"> • Understand the basic water safety rules • Know how to get help • Enter and exit water independently • Fully submerge face for 3 seconds • Blow bubbles through the mouth and nose • Bounce in chest-deep water (bob) to chin level 10 times • Walk 5 yards in chest-deep water, maintaining balance • Float, while supported, on front & back • Kick, while supported, on front & back • Practice basic alternating arm action <p>Final Assessment:</p> <ol style="list-style-type: none"> 1. Enter independently, using either the ladder, steps, or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk or “swim.”) 2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.) 	<p style="text-align: center;">Level 2: Fundamental Aquatic Skills Suggested Min Age 5 (Child must be able to follow instructions and enter and exit the water independently.)</p> <p>Purpose: Expand on fundamental aquatic locomotion and safety skills.</p> <p>Topics Covered:</p> <ul style="list-style-type: none"> • Enter the water by jumping into shoulder deep water • Hold breath and fully submerge head for 5 seconds • Explore deep water, with floatation support • Submerge to retrieve object in chest-deep water • Float or glide on front, unsupported, for 5 seconds • Float or glide on back, unsupported, for 15 seconds • Perform flutter kick on front & back (support optional) • Turn over from front to back and back to front • Float on back while finning with hands • Practice back crawl arm action • Perform combined (kick & arms) stroke front, 5 yards • Perform combined (kick & arms) stroke back, 5 yards • Review water safety topics <p>Final Assessment:</p> <ol style="list-style-type: none"> 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position. 2. Move into a back float for 5 seconds, roll to front then recover to a vertical position. 3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)
<p style="text-align: center;">Level 3: Stroke Development Purpose: Increase swimming skill competency by building on skills from Level</p> <p>Topics Covered:</p> <ul style="list-style-type: none"> • Enter water by jumping into deep water • Practice entering water headfirst (in water at least 9 ft deep) • Bob in water slightly over head to travel to safe area • Perform 15 bobs in chest-deep water • Do Front Crawl, 15 yards • Do back crawl, 10 yards • Do elementary backstroke kick, 15 yards • Tread water for 30 seconds • Reverse direction while swimming on back • Coordinate arm stroke for front crawl while breathing to the front or side, 10 yards • Perform front glide with push-off, 2 body lengths • Perform back glide with push-off, 2 body lengths • Reverse direction while swimming on front <p>Final Assessment:</p> <ol style="list-style-type: none"> 1. Jump into deep water from the dock, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards. 	<p style="text-align: center;">Level 4: Stroke Improvement Purpose: Develop confidence and competency in strokes and improve skills learned; introduce breaststroke and sidestroke.</p> <p>Topics Covered:</p> <ul style="list-style-type: none"> • Both headfirst and feet first diving off of the far dock (9+ ft. deep) • Swim underwater 3-5 body lengths • Practice deep water bobbing • Experiment with buoyancy and floating position • Practice treading water with a modified scissors, modified breaststroke and/or rotary kicks (2 minutes) • Front crawl, 25 yards with rotary breathing • Back crawl, 15 yards • Elementary backstroke, 25 yards • Sidestroke 15 yards • Breaststroke, 15 yards • Butterfly 15 yards <p>Final Assessment:</p> <ol style="list-style-type: none"> 1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. 2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
<p style="text-align: center;">Level 5: Stroke Refinement Purpose: Continue stroke refinement; introduce butterfly</p> <p>Topics Covered:</p> <ul style="list-style-type: none"> • Shallow angle dive, glide 2 body lengths and begin any stroke • Surface dives • Continue refinement of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke • Swim under water 3 body lengths • Tread water 2 minutes with 2 different kicks • Front crawl, 50 yards • Elementary Backstroke, 50 yards • Back crawl, 25 yards • Sidestroke, 25 yards • Breaststroke, 25 yards • Butterfly, 25 yards <p>Final Assessment:</p> <ol style="list-style-type: none"> 1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards. 2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards. 	<p style="text-align: center;">Level 6: Swimming and Skill Proficiency Purpose: Develop maximum efficiency and endurance for strokes.</p> <p>Topics Covered:</p> <ul style="list-style-type: none"> • Front Crawl, 100 yards • Back Crawl, 50 yards • Elementary Backstroke, 100 yards • Breaststroke, 50 yards • Sidestroke, 50 yards • Butterfly, 50 yards • Turns while swimming • Surface Dives and retrieving objects 7-10 feet deep • Back float, 5 minutes • Tread water for 3 minutes, 1 minute without hands, 2 minutes with hands <p>Final Assessment:</p> <ol style="list-style-type: none"> 1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke. 2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes. 3. Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7–10 feet, and return to starting point..