

# Moscow Parks and Recreation

## Hamilton-Lowe Aquatics Center Swim Lesson - 2011 REGISTRATION FORM

Information regarding skill levels can be found on the reverse side of this form. Please return the completed form to the Eggan Youth Center or the HIRC. Class sizes are limited to 10 in each class for Pre-Tad – Adaptive with Parent Child maximum of 15. We cannot process a registration without a completed registration form and full payment.

Name: \_\_\_\_\_ [ ] Male [ ] Female

Address: \_\_\_\_\_ Birthday: \_\_\_\_\_

Phone: \_\_\_\_\_ Work/Emergency Phone: \_\_\_\_\_

FEES PER SESSION:      CITY RESIDENT      \$33.00  
    NON-RESIDENT      \$37.00

**OFFICE USE ONLY**  
 Cash/Check \_\_\_\_\_  
 Visa/MC \_\_\_\_\_  
 Date \_\_\_\_\_  
 Amt \_\_\_\_\_  
 Initials \_\_\_\_\_

Session: (Check all that apply)  
 \_\_\_ Session #1 (June 20 – July 1) Deadline June 16 - Pre-Tadpole class not available.  
 \_\_\_ Session #2 (July 11 – July 22) Deadline July 7  
 \_\_\_ Session #3 (July 25 – August 5) Deadline July 21  
 \_\_\_ Session #4 (August 8 – August 19) Deadline August 4

Skill Level: (Check one and Circle time) I understand that I may be asked to move to another time if requested class is already full or does not meet the minimum 3 requirement. \_\_\_\_\_ Initials

___ Parent-Child (30 min)			[10:30 a.m.]	[11:15 a.m.]
___ Pre-School: (30 min)	[9 a.m.]	[9:45 a.m.]		
___ Tadpole: (30 min)	[9 a.m.]	[9:45 a.m.]	[10:30 a.m.]	[11:15 a.m.]
___ Turtle: (30 min)	[9 a.m.]	[9:45 a.m.]	[10:30 a.m.]	[11:15 a.m.]
___ Frog: (30 min)	[9 a.m.]	[9:45 a.m.]	[10:30 a.m.]	[11:15 a.m.]
___ Gator: (30 min)	[9 a.m.]	[9:45 a.m.]	[10:30 a.m.]	[11:15 a.m.]
___ Trout: (40 min)	[9 a.m.]	[9:45 a.m.]		
___ Salmon: (40 min)	[9 a.m.]	[9:45 a.m.]		
___ Adaptive (30 min)				[11:15 a.m.]

**WAIVER AND CONSENT FOR TREATMENT OF MINOR CHILD**

In consideration of your accepting this registration, I waive and release any and all rights and claims for damages I may have against the City of Moscow, their agents, representatives and/or assignees for any and all injuries suffered by me and/or this minor child while participating in this activity. As a parent/legal guardian of the above-named minor child, I also hereby give my consent for any emergency medical treatment from medical personnel as approved by a member of the Parks & Recreation staff in case of injury or illness while participating in this Program. I understand that if possible, I will be immediately notified of any emergency, but this consent is intended to avoid undue delay and to assure prompt attention. I agree to accept financial responsibility for any medical expenses arising out of or resulting from such emergency. I agree that pictures taken during Program hours may be used for future promotional purposes and give my consent for their use without remuneration. IN ABSENCE OF SIGNATURE, PAYMENT OF FEES AND PARTICIPATION IN THE PROGRAM SHALL CONSTITUTE ACCEPTANCE OF THE CONDITIONS SET FORTH IN THIS WAIVER AND CONSENT.

\_\_\_\_\_  
 PRINTED NAME OF PARENT/GUARDIAN  
 PARENT/GUARDIAN

\_\_\_\_\_  
 SIGNATURE OF

\_\_\_\_\_  
 Doctor's Name

\_\_\_\_\_  
 Doctor's Telephone

\_\_\_\_\_  
 List allergies, restrictions, and/or medical conditions

## **Skill Level Placement Guide**

**Parent-Child Aquatics** familiarizes young children (6 months to 3 years) to the water and prepares them for future swim lessons. It is not designed to teach children to become good swimmers or to survive in the water on their own. This class gives parents safety information and teaches techniques to help orient their children to the water.

**Pre-School (previously Pre-Tad)** - This class promotes developmentally appropriate water safety and aquatic skills for young children about 3 to 5 years of age. Skills taught are water entry and exit, breath control and getting water on the face, buoyancy, changing direction and position.

### **Tadpole - Water Adjustment**

To register: My child has little or no water experience and is 5 years and older.

### **Turtle - Fundamental Aquatic Skills**

To register your child must be able to do the following: Go underwater willingly with no hesitation, float assisted on front and back, follow directions, jump in, go underwater, and be caught, demonstrate comfort in the entire pool environment

### **Frog - Stroke Development**

To register your child must be able to do the following: Glide unassisted on their front and back, travel 15 feet using beginning paddling, demonstrate a streamline kick on their front and back, float unassisted on their front and back for 10 seconds

### **Gator - Stroke Improvement**

To register your child must be able to do the following: Float unassisted on their front and back for 15 seconds, swim ½ the length of the pool (using a paddle stroke, streamline kick and rhythmic breathing), roll over unassisted and swim the remaining length of pool on back (streamline kick with sculling arms)

### **Trout - Stroke Refinement**

To register your child must be able to do the following: Swim 25 yards of front crawl with complete coordination, using rotary breathing and over arm recovery every time, swim 25 yards of back crawl including coordination and over arm recovery every time

### **Salmon - Skill Proficiency and Fitness Swimming**

To register your child must be able to do the following: Swim 50 yards of back crawl, swim 50 using front crawl, swim 25 yards using elementary backstroke, swim 25 yards using breast stroke, tread water for 2 minutes