

Willington Parks & Recreation Swimming Lessons Hall's Pond

Willington Parks & Recreation is pleased to offer American Red Cross swim lessons. Registration is currently being accepted at the Parks & Recreation Office. Classes are filled on a first come, first serve basis with a maximum of 5 students per class. Levels 1-6 are not determined by age. We need a minimum of 3 to run a swim lesson level. ***If we do not meet the minimum, we may cancel that level or move your child to another level at a different time.***

*****Private and Semi-Private Lessons are also available**
Each lesson is one half hour in length. Please contact WPRD to schedule.***

Session I: July 15th–18th Monday through Thursday (Rain Date July 19th)
July 22nd–25th Monday through Thursday (Rain Date July 26th)

Session II: August 5th–8th Monday through Thursday (Rain Date August 9th)
August 12th–15th Monday through Thursday (Rain Date August 16th)

Level 1 & 2: 3:00-3:30 p.m.	Level 3: 3:45-4:15 p.m.
Level 4: 4:30-5:00 p.m.	Level 5 & 6: 5:15-5:45 p.m.

Group Lesson Fee: \$60.00 / Willington Resident \$70.00 / Non-Resident

Semi-Private Fee: \$40.00 / Willington Resident \$50.00 / Non-Resident
(max 2 individuals – must be at same swim level)

Private Fee: \$25.00 / Willington Resident \$35.00 / Non-Resident

What They'll Learn:

The American Red Cross Learn-to-Swim program focuses on building skills one step at a time. By giving them the opportunity to master one element before moving on to the next, our kids' swim classes make it easy to build confidence in the water. During their swim lessons, children will spend time on the following six levels:

<p><u>Level 1: Introduction to Water Skills:</u> Students will learn how to feel comfortable in the water and safely enjoy it.</p>	<p><u>Level 2: Fundamentals of Aquatic Skills:</u> Children will learn basic swimming skills.</p>
<p><u>Level 3: Stroke Development:</u> Additional guided practice will help students improve their skills.</p>	<p><u>Level 4: Stroke Improvement:</u> Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.</p>
<p><u>Level 5: Stroke Refinement:</u> Guidance allows kids to refine their strokes and become more efficient swimmers.</p>	<p><u>Level 6: Swimming and Skill Proficiency:</u> Students will learn to swim with ease and efficiency and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.</p>

American Red Cross Learn-to-Swim Program:

The American Red Cross Learn-to-Swim Program is tailored to the needs of each child, so that he or she can progress at a comfortable pace. And although some children may advance more quickly or slowly, our instructor will ensure that everyone receives the instruction they need.

Proper swim lesson placement is instrumental in providing a successful enjoyable swim lesson experience and in ensuring participant safety in the water. In order to place your child in the appropriate swim level, each child will be evaluated. Swim Test Evaluations will be offered on the following days/times...

June 27th – 5-7:00 p.m.

June 28th – 5-7:00 p.m.

June 29th – 1-3:00 p.m.

Classes may be cancelled in the event of lightning or thunder storms and/or other unsafe conditions. Participants will be notified if any cancelled classes will be made up.

**If the weather is questionable, please call 860-487-3108 for program cancellation information.

****WPRD is an authorized provider of the American Red Cross (ARC) Swimming and Water Safety Program. All lessons will be instructed by Bethany Dostie, Certified Water Safety Instructor****

For more information, please contact WPRD - 860-487-3108 - mparsell@willingtonct.org

Swimming Lessons 2019 Participant Information

Name: _____ Gender: M F
(Last) (First) (M.I.)

Address: _____ Town: _____ St: _____ Zip _____

DOB _____ Grade: (in fall) _____

Parents Name _____

E-mail: _____ Home Tele: _____ Cell Phone: _____

SESSION 1 Level 1 2 3 4 5 6

SESSION 2 Level 1 2 3 4 5 6

Release, Waiver and Assumption of Liability

I, the undersigned, as parent or legal guardian, do hereby waive and release myself, my heirs, executors or administrators of any and all claims, liability, loss, and damages we ever had or now have, against the Town of Willington, its successors and assigns, employees, agents and representative for any and all kinds of injury, including but not limited to personal injury and/or property damage suffered by myself, family members or friends while participating in this program.

I understand participation in the aquatics program involves rigorous physical activity and risks of physical injury, and we assume these risks. I hereby give consent for emergency transportation and treatment in the event of illness or injury. I hereby accept responsibility for the payment of any emergency transportation or treatment on behalf of the participant. I further certify the participant is in good physical condition, and has no medical or physical conditions that would restrict his/her participation in this event.

Date: _____ Signature: _____

REFUND POLICY: There are no refunds except for medical reasons, upon receipt of a physician’s note.

Emergency/Medical information

In case of emergency contact (other than parent):

Name: _____

Home Tele: _____ Cell Phone: _____ Relationship: _____

Physicians Name: _____ Tele: _____

Allergies, Medical Conditions & other information: _____

Return completed form with payment payable to WPRD (Willington Parks & Rec. Dept.) and mail to 40 Old Farms Road, Willington, CT 06279.