



Northern Lehigh Recreation Authority  
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# Swim Lessons

## FUN. WITH A SPLASH OF CONFIDENCE

### Summer 2017 Lessons - Information and Registration

#### Parent and Child Aquatics (Ages 6-36 months)

Parent and Child Aquatics introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics. PARENTS ARE REQUIRED TO BE IN THE WATER WITH THEIR CHILDREN.

#### Preschool 1 - Introduction to Water Skills (Ages 3-5 years)

Preschool Aquatics Level 1 is designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

#### Preschool 2 - Stroke Development (Ages: 3-5 years)

Preschool Aquatics Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.

Prerequisites (*the following skills may be performed with assistance*):

- Blow Bubbles
- Glide on front for 2 body lengths then roll to back and float for 15 seconds

#### Level 1 - Introduction to Water Skills (school age children)

Level 1 is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

## Level 2 - Fundamentals of Aquatic Skills (school age children)

Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. A child who completes Preschool Aquatics and is 6 years old may enroll in Learn-to-Swim Level 2.

Prerequisites:

- Glide on front for 2 body lengths, roll to back and float for 5 seconds (Can be performed with assistance)
- Submerge completely, exhale through nose underwater, surface, inhale and repeat continually 5 times

## Level 3 - Stroke Development (school age children)

Level 3 builds on the skills learned in Levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside. On successful completion of Level 3, participants have achieved basic water competency in a pool environment. A child who completes Preschool Aquatics Level 3 may enroll in Learn-to-Swim Level 3.

Prerequisites

- Back float for 15 seconds
- Swim 5 body Lengths, roll to back, float for 15 seconds, roll to front and continue to swim for 5 body lengths

## Level 4 - Stroke Improvement (school age children)

Level 4 seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at a wall.

Prerequisites

- Glide in a streamlined position and swim 25 yards
- Jump into deep water

## Level 5 - Stroke Refinement (school age children)

Level 5 focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and back.

Prerequisites

- Swim 3-5 body lengths underwater
- Swim 50 yards

## Level 6 – Stroke & Turn (school age children)

Level 6 focuses on refining strokes and turns and building endurance. Three options (Personal Water Safety, Fundamentals of Diving and Fitness Swimmer) provide participants with the opportunity to learn information and skills for specific aquatic activities.

Prerequisites

- Perform a shallow-angle dive and swim 100 yards



# NORTHERN LEHIGH RECREATION 2017 SUMMER SWIM LESSON REGISTRATION FORM

Participant Name \_\_\_\_\_ Age \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please list any medical conditions and/or allergies:

\_\_\_\_\_

**EMERGENCY CONTACT INFORMATION:**

Name \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

**\*Send in this form with payment. Please place an (X) next to the session/sessions you are registering for:**

Resident fee is applicable to individuals who live within the borough of Walnutport, borough of Slatington, or Washington Twp.

Make check payable to 'Northern Lehigh Recreation' & mail to 125. S. Walnut Street, Slatington, Pa 18080

| <u>Week 1 - July 10 -14<sup>th</sup> 2017</u>                           | <u>Resident Fee</u> | <u>Non-Resident Fee</u> |
|---|---------------------|-------------------------|
| <input type="checkbox"/> 9:00-10:00am Levels 2-6 - ages 6 & up          | \$45.00/week        | \$50.00/week            |
| <input type="checkbox"/> 10:15-10:45am Level 1 - ages 6 & up            | \$30.00/week        | \$35.00/week            |
| <input type="checkbox"/> 10:15-10:45am Preschool Session 1 - ages 4-5   | \$30.00/week        | \$35.00/week            |
| <input type="checkbox"/> 11:00-11:30am Preschool Session 2 - ages 4-5   | \$30.00/week        | \$35.00/week            |
| <input type="checkbox"/> 11:00-11:30am Parent & Child - ages 6 mon-3yrs | \$30.00/week        | \$35.00/week            |

| <u>Week 2 - July 17 - 21<sup>st</sup> 2017</u>                          | <u>Resident Fee</u> | <u>Non-Resident Fee</u> |
|---|---------------------|-------------------------|
| <input type="checkbox"/> 9:00-10:00am Levels 2-6 - ages 6 & up          | \$45.00/week        | \$50.00/week            |
| <input type="checkbox"/> 10:15-10:45am Level 1 - ages 6 & up            | \$30.00/week        | \$35.00/week            |
| <input type="checkbox"/> 10:15-10:45am Preschool Session 1 - ages 4-5   | \$30.00/week        | \$35.00/week            |
| <input type="checkbox"/> 11:00-11:30am Preschool Session 2 - ages 4-5   | \$30.00/week        | \$35.00/week            |
| <input type="checkbox"/> 11:00-11:30am Parent & Child - ages 6 mon-3yrs | \$30.00/week        | \$35.00/week            |

| <u>Week 3 - July 24 - 28<sup>th</sup> 2017</u>                          | <u>Resident Fee</u> | <u>Non-Resident Fee</u> |
|---|---------------------|-------------------------|
| <input type="checkbox"/> 9:00-10:00am Levels 2-6 - ages 6 & up          | \$45.00/week        | \$50.00/week            |
| <input type="checkbox"/> 10:15-10:45am Level 1 - ages 6 & up            | \$30.00/week        | \$35.00/week            |
| <input type="checkbox"/> 10:15-10:45am Preschool Session 1 - ages 4-5   | \$30.00/week        | \$35.00/week            |
| <input type="checkbox"/> 11:00-11:30am Preschool Session 2 - ages 4-5   | \$30.00/week        | \$35.00/week            |
| <input type="checkbox"/> 11:00-11:30am Parent & Child - ages 6 mon-3yrs | \$30.00/week        | \$35.00/week            |

# Northern Lehigh Recreation Authority

## POLICIES, WAIVER AND ASSUMPTION OF RISK

- Please arrive at least 15 minutes early every day to sign in. Swim lessons are held during light rain or shine. Lessons are only cancelled for thunder and lightning. Do not call the pool office. It is closed in the morning. Check [www.northernlehighrec.org](http://www.northernlehighrec.org) for cancellations.
- Lessons are taught by CPR and First Aid certified lifeguards and need all of their attention focused on teaching. If you have any questions or comments, please speak directly to the Swim Program Manager
- One parent with children ages 1-3 must be in the water per child. Children not potty trained must wear water proof disposable "Little Swimmers" or "Splashes" diapers.
- There are no scheduled classes during holidays or school closings.
- It is suggested that participants bring water with them to ALL classes.
- Northern Lehigh Recreation is not responsible for lost or stolen items.
- All participants under the age of 18 must have a parent or guardian complete a program registration form **prior** to participating.
- All classes are subject to cancellation and/or change based on the availability of qualified instructors, facilities, and participation.
- A medical examination is not required for participation. However, if you know that you have a medical/health condition and you will be starting a new exercise program and/or will be significantly increasing your current activity level, it is necessary that you talk with your doctor before participating.
- NLRA staff may occasionally take photos and/or video of participants enrolled in the Programs, classes and special events. These photos and video clips may be used in the newsletters, websites and/or future print and video productions. If you do not wish to have your photo taken, please tell our photographers.

### Waiver:

In consideration of the Participant's involvement and participation in Northern Lehigh Recreation Authority ("NLRA") programs, activities, and/or events, (collectively "Program(s)"), and/or the use of Program Facilities, and intending to be legally bound, the undersigned (or Parent or Guardian of the Participant if Participant is a minor):

Acknowledge, fully understand, and assume all the forgoing risks with participation in NLRA Programs, all of which involve risk of serious personal injury, injury to personal property, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, but inactions or negligence of others, the rules of play, the nature of the Programs, or the condition of the Facilities, premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. In consideration of my participation in the Programs and use of the Facilities, I agree on behalf of myself and my heirs, executors, personal representatives and anyone else acting on my behalf to Voluntarily remise, release, indemnify, covenant not to sue, and forever discharge the Northern Lehigh Recreation Authority, and its Board of Directors, officers, employees, contractors, and/or volunteers from any and all injuries, losses or damages of any kind whatsoever suffered by me as a result of my voluntary use of the facilities and participation in the Programs, whether supervised or on my own, and whether attributable to negligence, gross negligence, or recklessness on the part of such persons or entities.

### Authorization for Medical Treatment/Indemnification

I hereby authorize and give my consent to the NLRA and its officers, employees, contractors, and/or volunteers, and any licensed physician to perform upon or administer to myself/ my child (the participant), as identified on this registration form, any reasonable and necessary medical, surgical or emergency treatment as necessary in their best judgment to stabilize his/her condition or to preserve life or limb. I further agree to pay for all necessary medical treatment as so authorized and to hold harmless and release the NLRA and its' officers, employees, contractors, and/or volunteers from any obligation or responsibility with respect thereto. I further represent that myself/my child (the participant) has no condition, illness, disease, disability, or other limitation that would pose any potential risk of bodily harm or injury, except as disclosed on this registration form. I further represent that myself/my child (the participant) has no allergy to any medication or other condition limiting the administration of drugs or medication, except as otherwise disclosed on this registration form. I further agree to indemnify and hold harmless any officers, employees, contractors, and/or volunteers of the NLRA from any and all actions, causes of actions, suits, injury claims, or demands asserted by any third party, with respect to any act, omission, wrongful or unlawful conduct during the course of participation in a program/activity. This Agreement shall be binding upon the heirs, personal representatives, successors, and assigns of the undersigned.

**THE UNDERSIGNED HAVE READ THE ABOVE WAIVER AND AUTHORIZATION FOR MEDICAL TREATMENT AND UNDERSTAND THAT THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY.**

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(Signature of Participant or Parent/Guardian of Participant)

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(Date)

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Name (Please Print)

*The mission of the Northern Lehigh Recreation Authority is to provide a diverse range of educational & recreation programs & activities that promote a strong sense of community.*