



Vince's Park will offer 1 session of swim instruction this summer for a 2-week period. This session will consist of 8 days over 2 weeks, Monday through Thursday. There are no classes on weekends or Fridays unless severe weather causes a make-up date to complete course work. Each session will run from 45 minutes long. Levels of instruction will range from Toddler through Advanced. Parents are not required to attend classes with children, the staff at Vince's Park would prefer that if you do stay, please do not sit on the pool deck. This allows for easier instruction from our staff.

Class size is limited on a first received basis and payment is required to register. If a class fills a waiting list will be taken. Every effort is made to accommodate as many children as possible without corrupting the integrity of the program. Vince's Park program philosophy is simple: quality over quantity.

### **Levels of Instruction:**

**Preschool Aquatics:** Basic Skills include new levels of water adjustment, underwater exploration and personal safety without parents. This is a basic, FUN introduction to water. Ages 4/5

- Level 1:** To begin developing positive attitudes, good swimming habits and safe practices in and around the water.
- Level 2:** To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position.
- Level 3:** To build on the skills in Level 2 by providing additional guided practice in deeper water.
- Level 4:** To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills.
- Level 5:** Skills include stroke proficiency, turns, personal safety and rescue.
- Level 6:** Personal Safety & Rescue, Fitness Swimmer, Diving Refinement.

### **Program Dates: Monday, July 23rd-Thursday, August 2nd**

#### Lessons & Time Schedule

**9:30-10:15** Preschool Aquatics, Level 1, Level 2, Levels 3 & 4, Level 5, Level 6

**10:30-11:15** Preschool Aquatics, Level 1, Level 2, Levels 3 & 4, Level 6 Rescue

**6:30-7:15** Preschool Aquatics, Level 1, Level 2, Levels 3 & 4, Level 5

*Please note: Number of classes offered and time classes are offered, may be subject to change.*

**Fees:** \$25.00 Individual; \$15.00 Additional Family; \$10.00 Each Additional Family

**Registration:** Starting June 4th applications will be taken at Vince's Park

**Please make checks payable to: Seneca Falls Parks and Recreation.**

**Receipt #** \_\_\_\_\_

**CA/CK#** \_\_\_\_\_ (Amount \_\_\_\_\_)

**Vince's Park Learn to Swim Program**  
**Seneca Falls Parks and Recreation**

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_

**Parent/Guardian Information**

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Cellular Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_

***Choose and list session times from front of sheet***

**1<sup>st</sup> Choice**

**2<sup>nd</sup> Choice**

Level: \_\_\_\_\_ Time: \_\_\_\_\_      Level: \_\_\_\_\_ Time: \_\_\_\_\_

*We will try and honor all first choice requests, however we cannot guarantee anything.*

**Liability Waiver**

I, understand, agree to let my child participate in the Learn to Swim program at Vince's Park. I understand and agree that the Seneca Falls Recreation and Park Commission, its director, head lifeguard and pool personnel shall in no way be held liable for any injury received at any swim lesson or in going to or from any swim lessons at Vince's Park.

Swimming is an activity which involves flexibility, mobility, and good physical health. I understand it is my responsibility through consultation with our family physician to insure that my child is fit to participate in the Learn to Swim Program at Vince's Park.

I do, hereby, assume all normal risk and hazards incidental to the conduct of the program named above and further release absolve indemnify and hold blameless the Seneca Falls Recreation and Park commission or any of the personnel appointed by that Commission or the Town of Seneca Falls.

\_\_\_\_\_  
Parental/Guardian Signature