

# Summer 2016 Swimming Lessons at Belfast City Park Pool!



Session 1 (June 28 – July 21)  
Session 2 (July 26 – August 18)  
Lessons are Tuesday and Thursday

## **NEW - Saturday Lessons only (July 2 – August 13)**

9-9:45am \_\_Level 1 (ages 8-12) \_\_Level 2 \_\_Level 3 \_\_Level 5 & 6

10:00-10:45am \_\_Level 1 (ages 3-6) \_\_Level 1 \_\_Level 2\_\_Level 4

11:00-11:45am \_\_Preschool \_\_Level 2 \_\_Level 3 \_\_Level 1/2 (ages 3-6)

12:00-12:30pm \_\_Parent/Child

Cost per session is \$20 for Belfast residents / \$15 for 2<sup>nd</sup> child (proof of residence required at registration) or \$25 for Non-Residents. **Lessons must be paid for at time of registration.**

Levels are listed on the back of the registration form for your information, but if you are unsure you may contact the pool to schedule a swim test. Swimming skills can change from year to year and we want to make sure your child is placed in the right class.

**Make-up Classes** – Classes may be cancelled due to weather or facility issues. Classes can be made up on your child's off days (Tues/Thurs or Saturday)

If you have any questions about the Belfast City Park Pool, our swimming lesson program, or how to get your child registered please feel free to contact the Pool Director at 338-1661 (seasonal) or the Parks and Recreation Department at 338-3370 ext. 27.



# Swim Levels (For Registration Form)

## Parent/Child Classes (Age 6 months - 3 years)

Designed to teach parents how to help their child become comfortable in an aquatic environment.

## Pre-School Classes (Age 3-6)

### Beginning Preschool

Designed for novices with fear of the water or little to no swimming experience.

### Level 1/2 Preschool

Swimmer has passed Beginning Preschool or can: 1) enter the water unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. 2) Can (with assistance) glide on front for 6 feet, roll to back and float with support for 3 seconds.

## School-Age Classes (Age 5+)

### Level 1

Designed for novices with fear of the water or little to no swimming experience.

### Level 2

Swimmer has passed Level 1 or can: 1) Enter the water unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. 2) Can (with assistance) glide on front for 6 feet, roll to back and float with support for 3 seconds.

### Level 3

Swimmer has passed Level 2/Level AP or can (without assistance): 1) Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position. 2) Move to a back float for 5 seconds and return to a standing position. 3) Push off and swim using a combination of arm and leg actions for 15 feet, roll to back, float for 15 seconds, then continue swimming for 15 more feet (can have assistance when taking a breath).

### Level 4

Swimmer has passed Level 3 or can: 1) Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and then swim elementary backstroke for 15 yards.

### Level 5

Swimmer has passed Level 4 or can: 1) Jump feet first into chest deep water from the side, swim front crawl 25 yards with face in water with rhythmic breathing, change direction and swim elementary back stroke for 25 yards. 2) Swim breast stroke for 15 yards then change direction and swim back crawl for 15 yards.

### Level 6

Swimmer has passed Level 5 or can: 1) Perform a shallow dive into deep water, swim front crawl for 50 yards, change direction and swim elementary back stroke for 50 yards. 2) Swim breast stroke for 25 yards then change direction and swim back crawl for 25 yards.

# 2016 Belfast City Pool

## Swim Lesson Registration and Emergency Contact Information

Parent/Guardian Name (Last)		(First)	
Address		City	State
ZIP Code			
Home Phone	Cell/Alternate Phone	Emergency Contact Name:	
		Phone Number:	
E-mail		<input type="checkbox"/> Resident <input type="checkbox"/> Non-resident	

Participant Name First                  Last	M/F	Date of Birth	Level (See back)	1st Choice Day/Time	2nd Choice Day/Time	3rd Choice Day/Time	Fee

**Total fee:                                  Cash or Check accepted                  Please make checks payable to: City of Belfast**

**Release Assumption of Agreement, Agreement to Indemnify and Hold Harmless and  
Emergency Medical Release Signatures.**

I hereby give my permission to participate in the City of Belfast Parks & Recreation Department Programs. I am aware that learning or participating in the above activity can be an activity involving risk of injury, including serious injury. I fully understand that the City of Belfast, its agents, officers, and employees accept no responsibility and will not be liable for injury, harm, or damage to my person or property occurring during or arising out of participation of said program.

To the fullest extent permitted by law, I do hereby agree to assume all risk of injury, harm or damage to my person or property (including, but not limited to, my property caused by negligence of the City of Belfast, it's agents, officers, or employees) arising during or in connections with said program, and I do hereby release and agree to indemnify and hold harmless the City of Belfast, it's agents, officers, and employees from any and all liability, actions, damages and claims of any kind and nature whatsoever (including, but not limited to my property caused by negligence of the City of Belfast, its agents, officers, or employees) for injury, harm or damage to my property that may arise or occur during or to connection with said programs. I further give my permission for emergency medical treatment to be given in case of emergency.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*If registrant is under 18: I hereby certify that I am the registrant's parent or guardian and I hereby give my permission for the registrant to participate in the above activity.\*\***