

Swim Lesson Registration Form

Child's Name: _____

Address: _____

Parent's/Guardian's Name: _____

Telephone #: (Home) (Work): _____

Class Level: _____ Session: _____

Make check payable to "Cherry Hill Swim Club." Please complete both sides of the registration form before registering. Before engaging in any physical activity, it is advisable to check with a physician regarding any condition that may limit participation. Please note that Cherry Hill Swim Club will only refund registration fees if a class has not begun and another child is available to fill the vacancy.

OFFICE USE ONLY: Paid \$ _____

Check#/Cash _____

Date Rec'd _____

By: _____

Swim Lesson Information

Cherry Hill Swim club offers swim lessons for a variety of abilities and experience. Classes are a three week session, three days per week and offered in either mornings or evenings. Lessons will last thirty minutes in length.

Swim Lesson Dates

Session 1 (mornings): June 9 - June 25 (T/W/T)

Session 2 (evenings): June 8—June 26 (M/W/F)

Session 3 (mornings): June 30 - July 16 (T/W/T)

Session 4 (evenings): June 29—July 17 (M/W/F)

*Note: there will be no swim lessons on Friday July 3.

Swim Lesson Class Times

Morning sessions are 10:30—11:00am T/W/T

Evening sessions are 6:00—6:30 pm M/W/F

Cost: \$15.00 per child

When registering your child, please note the class level, and session you prefer.

Please complete the registration form and drop it off at the pool desk. Class participants are asked to be at poolside 5 minutes prior to the start of class. Any child arriving more than 5 minutes late will not be permitted to enter class.

Classes are held during rain, but cancelled for thunder and lightning.

Lessons available to pool members only. If this schedule does not work for you—see Emily Teagle for private lessons. Private lessons are at a higher rate due to individualized instruction.



2009 Swim Lessons and Schedule



371-9979

Release and Waiver

Release - as part of the consideration for being allowed to participate in swim lessons, the undersigned agrees that neither the Cherry Hill Swim Club, any director, officer, employee, agent or representative of CHSC shall be liable for any loss, damage injury or claim of a kind to person or property arising from or caused by participation by the undersigned in swim lessons including without limitation any loss damage or claim arising from any accident involving the undersigned whether on or off the Representatives property.

Waiver and Indemnification - The undersigned hereby waives all claims and demands against the representatives and each of them for any loss damage injury (including death) or claim of any kind arising from related to or caused by participation by the undersigned in the activity and agrees to indemnify defend and hold harmless the representative from all loss liability costs and expenses (including actual attorney fees) arising from or related to same.

This release and waiver has been carefully read by the undersigned and demands against the representatives and the contents of this document are understood by the undersigned. This release and waiver shall be in effect for all swim activities in which I or my dependant participates in throughout the entire calendar year. The undersigned freely executes this document.

In witness whereof, the undersigned has executed this release and waiver on the date shown below.

Signature of applicant or Parent Legal Guardian: _____

Print Name: _____

Date: _____

Our swim lesson program follows the American Red Cross progressive swimming level model which includes four levels. Lessons are taught by a certified instructor with the aide of certified lifeguards. Group lessons are age and level dependent. Each session is three weeks long and last for 30 minutes.

Please circle all of the skills you think your child can complete. This is for assistance in the placement of your child. The list below is the basic components each child will be taught, with additional games and activities.

Level 1

- | | |
|-----------------------------------|---------------------|
| √ Front float | √ Back float |
| √ Doggy paddle without assistance | |
| √ Blow bubbles | √ 5 Underwater bobs |

Level 2

- | | |
|------------------------------------------------------------------------|----------------------|
| √ Freestyle (head in water about 15 yards) | |
| √ Introduction to backstroke (back float with kick without assistance) | |
| √ Sidestroke | √ 10 Underwater bobs |
| √ Push off underwater | |

Level 3

- | | |
|-----------------------------------------------|---------------------------|
| √ Freestyle with correct breathing (25 yards) | |
| √ Backstroke (25 yards) | √ Streamline off the wall |
| √ Jump in water by themselves | √ Deep water bobs |
| √ Introduce breaststroke (kick) | √ Knee dive |

Level 4

- √ Breaststroke
- √ Diving
- √ Butterfly
- √ Underwater swimming with streamline
- √ Perfecting all strokes with drills
- √ Introduce flip turns