

## 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 (Tuesday, Wednesday, Thursday). Lessons will last thirty minutes in length.

#### Swim Lesson Dates

Session 1 (mornings): June 7 - June 23 (T/W/T)  
Session 2 (mornings): July 12—July 28 (T/W/T)

#### Swim Lesson Class Times

Level 1	11:00—11:30am
Level 2	11:30—Noon
Level 3	12:15 —12:45pm

**Cost:** \$10.00 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. Class size is limited to 6 students.

**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 Tony Savicki for private lessons. Private lessons are at a higher rate due to individualized instruction.



# 2011 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. Lessons are taught by a certified Red Cross lifeguard. 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 safety topics.

### Level 1

- |                           |                   |
|---------------------------|-------------------|
| ✓ Enter water safety      | ✓ Blowing bubbles |
| ✓ Opening eyes underwater | ✓ Arm/leg action  |
| ✓ Front glide, Back glide | ✓ Treading water  |

### Level 2

- |  |                               |
|--|-------------------------------|
| ✓ Freestyle (head in water about 15 yards)                             |                               |
| ✓ Introduction to backstroke (back float with kick without assistance) |                               |
| ✓ Push off underwater  | ✓ Comfortable fully submerged |
| ✓ Comfortable in chest deep water                                      |                               |

### Level 3

- |   |                           |
|---|---------------------------|
| ✓ Freestyle with correct breathing (25 yards) |                           |
| ✓ Backstroke (25 yards)                       | ✓ Streamline off the wall |
| ✓ Jump in water by themselves                 | ✓ Deep water entry        |
| ✓ Kicking—flutter, dolphin, scissors          |                           |
| ✓ Survival float                              |                           |