

## 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. Lessons will last thirty minutes in length.

#### Session 1 Dates

June 11 thru June 27 (Mon, Tues, Wed)

#### Session 1 Class Times

Level 1	6:00-6:30pm
Level 2	6:30-7:00pm
Level 3	7:00-7:30pm

#### Session 2 Dates

July 10 thru July 28 (Tues, Wed, Thurs)

#### Session 2 Class Times

Level 1	9:30-10:00am
Level 2	10:00-10:30am
Level 3	10:30-11:00am

**Cost:** \$15.00 per child per session

**Instructor:** Amy McNabb

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 5 students.

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



# 2018 Swim lessons



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: \_\_\_\_\_

These lessons are designed to introduce your child to the water and provide basic life-saving skills. They are based upon the Red Cross “Learn to Swim” program. Each session is three weeks long and each class will last for 30 minutes.

The list below is the basic components each child will be taught with additional safety topics.

### Level 1 (Beginner—little or no water experience)

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

### Level 2 (Advanced Beginner—comfortable in water)

- |  |                               |
|--|-------------------------------|
| √ 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 (Swimmer –work on strokes )

- |   |                           |
|---|---------------------------|
| √ Freestyle with correct breathing (25 yards) |                           |
| √ Backstroke (25 yards)                       | √ Streamline off the wall |
| √ Deep water entry                            | √ Survival float          |
| √ Dive Entry                                  | √ 1-meter board           |