

## Swim Lesson Registration Form

Child's Name: \_\_\_\_\_  
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. These lessons are designed to introduce your child to the water and provide basic life-saving skills.

Each session is two days per week (M/W), four weeks long, and last for 30 minutes.

#### Session 1 Dates

June 3 thru June 26 (Mon & Weds nights)

Total of 8 classes

#### Session 1 Class Times

Level 1 6:15-6:45pm

Level 2 6:45-7:15pm

Level 3 7:15-7:45pm

#### Session 2 Dates

July 8 thru July 31 (Mon & Weds nights)

Total of 8 classes

#### Session 2 Class Times

Level 1 6:15-6:45pm

Level 2 6:45-7:15pm

Level 3 7:15-7:45pm

**Cost:** \$20.00 per child per session

**Instructor:** Molly Hall

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.



# 2019 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 dependent 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. Each session is two days per week (M/W), four weeks long, and 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)

Swimmers learn basics of swimming: bobbing, going under water, supported back floating, supported flutter kicks, supported front out of pool crawl, and jumping in and returning to the wall

### Level 2 (Advanced Beginner—Swimmers should already be able to float on back and put their head under water.)

Swimmers will work on: independent back floating, independent rolling over from front to back and back to front, independent front swimming to 5-7 foot platform, Kiddie backstroke, and jumping into water over their head and returning to the wall.

### Level 3 (Swimmer –Swimmers should already be comfortable swimming front stroke and swimming on their back.)

Swimmers will work on: gliding, freestyle with side breathing, backstroke, dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and returning to the wall.