

## Registration information

Child's name: \_\_\_\_\_ Home Ph: \_\_\_\_\_ Work: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Parent / Guardian: \_\_\_\_\_ Allergies / Medical Condt. / Medications: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Physical Address: \_\_\_\_\_ Emergency Contact: & Phone \_\_\_\_\_

Swim Level requested: \_\_\_\_\_

Please give a brief description of your child's Swimming Ability: \_\_\_\_\_

### Holderness Recreation Release Of All Claims

I certify that I am the parent / legal guardian of \_\_\_\_\_, age \_\_\_\_\_ and that I am entitled to his/her custody and control and I do hereby give my permission for said child to participate in aquatic activities. I further certify that said child is of good health and has no physical or other impediment which would endanger him / her from participating in such activity / program.

In consideration of the above named participant being permitted to take part in the Holderness Recreation Swimming Lessons, I hereby release for the participant, myself, and my heirs, any and all claims for damages arising from the negligence of the Town of Holderness, its agents, employees and volunteers that is alleged, now or in the future, to have caused injury or damages to the participant and which occur during this recreation program.

I also understand and acknowledge that swimming is an inherently dangerous activity, which may lead to serious injury.

I hereby agree to indemnify and save harmless the Town and the above identified individuals from any loss, injury, liability, damage or cost that they may incur arising from the participant's presence at or participation in the recreational swimming program, whether caused by the negligence of the Town or these individuals, or otherwise.

I recognize there may be inherent dangers in participating in a Recreation Program, which may present strain on the body and its parts, and furthermore, I represent to the best of my knowledge, the participant is in proper physical condition to allow participation. I assume all risks associated with participation in this program.

I understand that, in case of an emergency, Holderness Recreation will attempt to contact the person identified as the "emergency contact". In the event of a medical emergency, I consent to the participant's treatment by a medical doctor and I agree to be responsible for all costs associated with said treatment, including transportation to a medical facility.

I also understand that Holderness Recreation may take pictures of me or my child while enrolled in this program and that these pictures may be used by Holderness Recreation for advertisement and promotions in flyers, Facebook, the Town Website and other advertising media. I give my permission for my child's picture to be taken and photos to be used by Holderness Recreation.

I the undersigned, here read this release and understand all its terms and implications. I hereby execute this release of my own free will and with full knowledge of its significance.

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

Please Print Name: \_\_\_\_\_

**Please make checks payable to  
Holderness Recreation**

## Holderness Recreation Department 2024

### Summer Swimming Lessons

**Dates:** July 8–July 11 (M, T, W & Th)  
July 15–July 18 (M, T, W & Th)

**Cost:** \$70 resident \$80 non-resident



### Please note:

Registration opens on 4/1/2024  
You may register online, or by  
completing this form and mailing it or  
dropping it off to Holderness  
Recreation

Holderness Recreation Department  
P.O. Box 203, 1089 US Rt 3  
Holderness, NH 03245  
603-968-3700  
recreation@holderness-nh.gov  
www.holderness-nh.gov

# Summer Swimming Lessons — Learn skills and safety!



## Summer Swimming Lessons at Livermore Beach

We are happy to announce that Kelsey Gadwah, will be teaching again this year! Kelsey has been a certified lifeguard and a certified swim instructor for over a decade. Kelsey graduated from Keene State University holding a degree in business management. She also holds her Master of Education from Plymouth State University.

“I have always considered my patience and love for the water two of my strongest characteristics. I enjoy working with children and teaching them about the water. I believe that swimming creates independence and builds confidence in children no matter what age, size or ability. When I was in middle school I was apart of the White Mountain Rapids swim team. As an eccentric child I thrived in a high pace motivated environment. It was a great mixture of both independent goals and group goals.” - Kelsey

Classes will run for four days a week for 2 weeks. Classes will run for approximately one half hour daily.

- Dates:** July 8<sup>th</sup>— 11<sup>th</sup>, July 15<sup>th</sup>— 18<sup>th</sup> (8 classes)
- Who:** Ages 4+
- Cost:** Resident \$70, non-resident \$80
- Time:** Classes run between 10am & 12:30 each day.
- Where:** Holderness Town Beach, 36 Dirt Rd, off Rt. 113 heading towards Sandwich.

Lessons are designed to give students a positive learning experience as they progress through their swimming skills, and to help ensure they learn how to swim as well as be safe in and around the water.

Class offerings and scheduled times may change depending on the number of registrations. Your child will be evaluated on the first class and may be moved to ensure that he / she is in the proper level.



## Registration opens on 4/1/2024

**Please note:** registering online is the fastest way to register. We have had many calls for lessons and classes will fill quickly. If you are registering by paper, it would be best to make sure the form and payment is at the recreation office by April 1<sup>st</sup>. Paper forms will be processed by postage date or date dropped off.

### Course Descriptions

**Level 1—Water Acclimation—Some to No swimming experience:** Children should be able to float with a flotation device without a parent. Class will focus on putting faces in the water, blowing bubbles, floating, gliding, supported kicking, alternating and simultaneous arm actions, combining arms and legs on front and back, turning over, jumping and safety skills. Usually ages 4+.

**Level 2 Primary Skills:** Children should be able to swim without a flotation device, be comfortable with putting their faces in the water and blowing bubbles. Class will focus on: flutter kick, finding body balance, rhythmic breathing, front & back floats and glides, jumping and sitting dives, front crawl introduction, finning and sculling on back, back crawl introduction, side swimming introduction and safety skills.

## Class Schedule

Level 1 –no swim experience	10-10:30
Level 2	10:40-11:10
Level 1 –some swim experience	11:20–11:50
Level 2	12:00–12:30

We will take registrations for all classes listed, however, we will adjust the schedule as needed to fit the most popular classes.

**Participation in this program is for the swim lessons only and does not imply beach access for the remainder of the day or season.**

Registration information and forms can be found at [www.holderness-nh.gov](http://www.holderness-nh.gov) or by contacting [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov) or 603-968-3700.

Scholarship assistance may be available for this program please contact the office for more information.

### Be Safe Around Water

- \*Swim with a buddy
- \*Eyes on the Kids
- \*Stay off cell phones
- \*Limit conversation
- \*Designate a water watcher



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Holderness, NH 03245  
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