

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 _____

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 my child while enrolled in this program and that these pictures may be used by Holderness Recreation for advertisement and promotions. 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: _____

**Make Checks payable to
Holderness Recreation**

Holderness Recreation Department

Winter Swimming Lessons

January 8, 15, 22 & 29

Cost: \$80



**Red Cross Certified
WSI instructor**

Holderness Recreation Department
P.O. Box 203
Holderness, NH 03245
Phone: 603-968-3700
Fax: 603-968-9954
Email: holdrec@roadrunner.com

Winter Swimming Lessons — Why not join us?



Swimming Lessons

@ PSU Pool

We would like to thank John Clark and his staff for giving us a wonderful opportunity to offer swimming lessons this winter at the Plymouth State University pool. We have reserved Sunday afternoons to help you and your children learn to swim and or build on the skills that they already have.

Liz Gibbs, a Red Cross certified WSI instructor will join us this winter to help us reach a goal of offering swim lessons throughout the year.

Dates: 1/8, 1/15, 1/22 & 1/29

Who: Infant through Level 6

Cost: \$80 for 4-weeks

Classes are limited to 4 or 5 students and will run for a 1/2 hour each week.

Lessons follow the American Red Cross Learn-to-Swim guidelines. They are designed to give students a positive learning experience as they progress through levels, and to help ensure they learn how to swim and be safe in the water.

Parents are required to stay during the lesson.

We are offering the following classes, but they are subject to change based on registrations. Changes to the class times may also be made after the first class and evaluations are completed.

Tentative Class Times:

Water Babies	12 — 12:30
Preschool / Level 1	12:40 — 1:10
Level 2	1:20 — 1:50
Level 3	2 — 2:30
Level 4	2:40—3:10
Level 5/6	3:20-3:50

Course Descriptions

Parent & Child Level 1: Waterbabies 6 months—3 years. Swim diapers are required. Parents and children interact in the water together. Class is designed to acclimate tots to water and teach parents water safety.

Independent Preschooler / Level 1: Is specifically for the 3 to 4 year old who can independently swim with a flotation device without a parent in the water. Skills focus on kicking, pulling, gliding, breath control, jumping, floating, and safety.

Level 1—Water Acclimation: 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

Level 3 Stroke Rediness: Child should be able to swim on their front and back for 15ft without stopping. Child is comfortable putting face in the water and can rhythmic breathe 10 times consistently. Class focuses on the front crawl with rhythmic breathing to the side, back crawl, kneeling and compact dives, treading water, survival float, introduction to butterfly and safety skills.

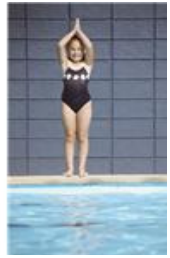
Level 4 Stroke Development: child is able to swim independently 20ft and back with both front crawl and back crawl. Class focuses on endurance and technique for front crawl and back crawl, introducing elementary backstroke, breaststroke, sidestroke, kicks, butterfly coordination and endurance, treading water, standing dives, surface dives, survival skills, open turns and safety skills.

Level 5/6 Stroke Refinement: This class focuses on all six strokes: front crawl, back crawl, side stroke, breast stroke, butterfly, elementary back stroke. Flip turns, dives from the start blocks and endurance distance of strokes are stressed.

Participation in this program is for the swim lessons only and does not imply access to other university programs / events or facilities.

Registration information and forms can be found at www.holderness-nh.gov or by emailing holdrec@roadrunner.com or calling the office at 968-3700.

Resident scholarship assistance for this program is available.



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