



# Holderness Recreation 2011 Swimming Lessons

Week 1 July 18<sup>th</sup> - July 22<sup>nd</sup> Week 2 July 25<sup>th</sup> - July 29<sup>th</sup>.



Participant's name: _____	Date of Birth: _____	Home Ph: _____	Work Ph: _____	Cell: _____
Age: _____	Swimming Level: <u>beg</u> 1 2 3 4 5 6 (circle one)	Email: _____		
Parent / Guardian: _____		<u>Allergies / Medical Conditions / Medications:</u> _____		
Mailing Address: _____	Town, _____	State _____	<u>Emergency Contact:</u> _____	
Physical Address: _____	Town, _____	State _____	Phone: _____	
<b>Fees:</b>				
\$47 per person resident		Would you like to round up for scholarship fund? _____		
\$57 per person non-resident		<b>Total</b>		_____

\*Lessons will run from 10am – 12pm for ½ hour each day. \*Lessons are offered for children ages 4 yrs and up. There will not be any rain make up classes. This program will run rain or shine except for thunder and lightning. For more information, please call Wendy Werner at 603-968-3700 or email [holdrec@roadrunner.com](mailto:holdrec@roadrunner.com). Please mail this form and a check to Holderness Recreation Department, P.O. Box 203, Holderness, NH 03245

## LEVEL 1: WATER EXPLORATION

The objective of Level One is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills, which they can build on as they progress through the various levels.

## LEVEL 2: PRIMARY SKILLS

Level Two is to give students success with fundamental skills and learn to float without support. Learn basic self-help rescue skills.

## LEVEL 3: STROKE READINESS

Students learn to coordinate front and back crawl. Introduce elementary backstroke and the fundamentals of treading water.

## LEVEL 4: STROKE DEVELOPMENT

Level Four develops confidence in strokes learned thus far and to improve other aquatic skills. Introduce breaststroke, sidestroke and wall turns.

## LEVEL 5: STROKE REFINEMENT

Coordination and refinement of key strokes. Introduce the butterfly, open turns, feet-first surface dives. Increase swim distances.

## LEVEL 6: SKILL PROFICIENCY

The objective of Level Six is to polish strokes so students swim with more ease, efficiency, power, and smoothness over greater distances.

## 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 maybe 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: \_\_\_\_\_

**Non-Residents Please arrive 15 minutes prior to your lesson and depart 15 minutes after your lesson.** We ask that you not come to the beach for an extended period of time prior to your lesson or following your lesson, as it is reserved for residents and taxpayers of Holderness. We have a small parking area and are trying to accommodate as many as possible. Thank you in advance for your cooperation!