

Health & Liability

Please Print

Participant's Name

Male Female DOB ___/___/___

Medical Conditions / Medications

Emergency Contact

Name Relationship

Home Phone Cell Phone

Liability Release Waiver

I do hereby certify that all information on this form is correct and that Sulphur Parks and Recreation (SPAR) and its paid and volunteer workers will not be held responsible for any injury to the participant while participating in any of the recreation program and/or activities at any SPAR facilities and/or during transportation to & from said facilities. Participants are responsible for arranging their own transportation to & from all activities and assume all liabilities related to said transportation. I further understand that SPAR does not provide health and liability insurance coverage for accidents or injuries that occur as a result of participation in or use of SPAR facilities. I fully understand that there are serious risks from participating in recreation and/or other physical activities. All persons participating in SPAR sponsored activities and/or using SPAR properties/facilities agree to conduct themselves according to SPAR standards for behavior and abide by any and all disciplinary actions imposed by SPAR. This release is valid for all SPAR sponsored programs and activities until revoked in writing. The registering party verifies that the participant health and fitness is now and at all future time periods will be acceptable to participate in SPAR programs and/or activities. I understand SPAR requests that all participants consult their physician before becoming physically active.

Parent/Guardian's signature, if participant under 18 years.

Signature

Date

General Information

Registrations will be accepted **only at SPAR Aquatic Center** (933 W. Parish Road, Sulphur) beginning Monday, June 15. Registrations must be made in person and payment must accompany the registration form. Cash, Credit Card, Debit Card, or Local Check.

Space is limited and classes will be filled on a first come, first served basis.

Cost: \$45 per session. Families that enroll more than one child in a session will receive a \$5 discount for each additional child, so long as all of the children are registered at the same time.

Class Size: A minimum of three (3) students must sign-up for a class to be conducted. A maximum of five (5) students will be assigned to each class.

Safety Topics: Age/skill appropriate safety instruction will be incorporated into every session.



Contact Information

Sulphur Parks and Recreation
337-527-2500

Jessica Walker Aquatic Supervisor
817-437-6501

www.sulphurparks.com

Sulphur Parks and Recreation

Swimming Lessons

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Summer 2020

Sulphur Parks and
Recreation

933 W. Parish Rd.
Sulphur, LA 70663



Aquatics/Swim Lessons Summer 2020

Course Offerings By Session

A session consists of eight 35 minute classes. Classes are conducted Monday through Thursday for two consecutive weeks. Fridays may be used to make up for time lost due to inclement weather.

Swim Levels

Parent & Child: Children 6 months to 3 years old:

Parents are taught how to safely work with their children in the water; including proper support and methods of holding a child in the water.

Preschool: Ages 3 years to 5 years old:

Basic skills such as entering & exiting water, blowing bubbles, submerging, floating, gliding, treading water, bobbing under water, and changing directions.

Swimming Level 1: Ages 6 years old and older:

Students begin to move independently in the water. Basic skills are taught including floating, gliding, treading water, and bobbing.

Swimming Level 2: Ages 6 years old and older:

Must be able to swim 15 feet. Builds on skills taught in Level 1. Front crawl and backstroke are introduced at this level.

Swimming Level 3: Ages 6 years old and older:

Level 2 skills are developed and refined. This class introduces the dolphin kick, elementary backstroke, side stroke, and head first entries.

Swimming Level 4: Ages 6 years old and older:

Stroke refinement: freestyle, backstroke, breast-stroke, butterfly, elementary backstroke, and side stroke. Diving, open turns, surface dives and under-water swimming are introduced.

Adult: Ages 17 years old and older: Adults are taught the basic swimming safety skills and developing and refining all swimming strokes

Session I June 22-July 2	Parent & Child	Preschool	Level 1	Level 2	Level 3-4	Adult
9:00-9:35 AM	X	X	X			
9:45-10:20 AM		X	X		X	
10:30-11:05 AM		X		X	X	
11:15-11:50 AM			X	X	X	
5:30-6:05 PM		X	X	X		
6:15-6:50 PM	X	X	X			
7:00-7:45 PM				X	X	X
Session II July 6-16	Parent & Child	Preschool	Level 1	Level 2	Level 3-4	Adult
9:00-9:35 AM	X	X	X			
9:45-10:20 AM		X	X		X	
10:30-11:05 AM		X		X	X	
11:15-11:50 AM			X	X	X	
5:30-6:05 PM		X	X	X		
6:15-6:50 PM	X	X	X			
7:00-7:45 PM				X	X	X
Session III July 20-30	Parent & Child	Preschool	Level 1	Level 2	Level 3-4	Adult
9:00-9:35 AM	X	X	X			
9:45-10:20 AM		X	X		X	
10:30-11:05 AM		X		X	X	
11:15-11:50 AM			X	X	X	
5:30-6:05 PM		X	X	X		
6:15-6:50 PM	X	X	X			
7:00-7:45 PM				X	X	X

Session [] I [] II [] III

Level [] Parent & Child [] Preschool
 [] Level 1 [] Level 2
 [] Level 3-4 [] Adult

Time (must correspond with Session & Level on left)

[] 9:00 AM [] 5:30 PM
 [] 9:45 AM [] 6:15 PM
 [] 10:30 AM [] 7:00 PM
 [] 11:15 AM

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Participant _____

[] SPAR Member (or has taken lessons at SPAR)

Address _____

Home Phone _____ Cell _____

Text ? [] Yes [] No

E-Mail _____

[] Male [] Female DOB ____/____/____

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Payer Information (if different than participant)

Name _____

[] SPAR Member (or has paid for programs at SPAR)

Address _____

Home Phone _____ Cell _____

Text ? [] Yes [] No

E-Mail _____

[] Male [] Female DOB ____/____/____

===== **OFFICE USE ONLY** =====

Date _____ Amount Paid _____

Form of Pay [] Cash [] Check [] Card

Receipt # _____ Initials _____