

SPAR AQUATIC SWIM LESSONS 2022

Session Dates & Days

September Session
September 6-29
Tuesday & Thursday

October Session
October 3-26
Monday & Wednesday

Registration Deadline: Friday Sept 2

Registration Deadline: Friday Sept 30

Program Class Levels & Times

5:15pm -5:50pm

Preschool A

Level 1

Level 2

5:55pm -6:30pm

Preschool B

Preschool C

Level 2

6:35pm -7:10pm

Preschool A

Level 1

Level 3/4

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

Classes are TWICE a week for FOUR weeks; a total of 8 classes

Cost: \$50 per session

Participant Info

Example: Child 1 Name: Lauren Scott DOB: 06/28/2012 Class Choice: Level 2/5:55p

Child 1 Name: _____ DOB: ____/____/____ Class Choice: _____

Child 2 Name: _____ DOB: ____/____/____ Class Choice: _____

Child 3 Name: _____ DOB: ____/____/____ Class Choice: _____

Payer Information

Name: _____ SPAR Member Yes No

Address: _____

Phone: _____ E-Mail: _____

Health & Liability (Please print)

Participant Name: _____ Parent/ Guardian Signature: _____

Medical Conditions/Medications _____

Date: _____

Cancellation Deadline and Fees

Cancellations must be made in person at SPAR Rec & Aquatic Center before the registration deadline to receive a full refund, less a \$25.00 cancellation fee. Cancellations after the deadline are not eligible for a refund nor transferable. **Parent/Guardian Initial: _____**

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

Date _____

Amount Paid _____

Form of Pay: Cash Check Card

Receipt #: _____

SPAR AQUATIC

SWIM LESSONS 2022

STATEMENT OF RESPONSIBILITY: I understand and acknowledge that SPAR does not offer any medical insurance to protect against injuries makes no claim to do so and has no responsibility for any medical expenses incurred. I understand that each participant must assume the risk and any related financial responsibility that could result from participation in any of these activities. I agree to assume such risks and such financial responsibility.

WAIVER, RELEASE: I acknowledge and understand that participation in the SPAR activities involves physical activity and inherent risk of bodily injury, and I do hereby agree, to the fullest extent permitted by law to release, protect, indemnify, hold harmless, and covenant not to sue, SPAR, its organizers, employees, volunteers, officers, representatives and agents, from and against any and all losses, injuries, harm, claims, and damages, including attorneys' fees and court costs, causes of action or suits in equity of whatsoever kind or nature, arising out of, predicated upon, or in any way resulting from participation in SPAR activities, other use or occupancy of the SPAR facilities and equipment, whether caused directly or indirectly to the SPAR's own negligence or gross negligence. I expressly assume all such dangers, risks and hazards to me and all minors in my care. I understand SPAR requests that all participants consult their physician before becoming physically active.

Swim Levels

Preschool A (maximum of 4 participants):

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.

Preschool B (maximum of 4 participants):

Ages 3 years to 5 years old: Furthering basic skills such as gliding on back, treading water, bobbing under water, and changing directions. Minimum skill set is to be comfortable submerging face in the water.

Preschool C (maximum of 5 participants):

Ages 3 years to 5 years old: Furthering basic skills such as gliding on back, treading water, bobbing under water, and changing directions. Minimum skill set is to be comfortable floating independently on their back & front.

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, breaststroke, butterfly, elementary backstroke, and side stroke. Diving, open turns, surface dives and underwater swimming are introduced.

Safety Topics:

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