

**MERIDIAN PARK FAMILY AQUATIC CENTER
SWIM LESSONS 2022**



Session 1: June 7-16

Session 2: June 21-30

Name: _____ Age _____ Birthdate: _____

Parent/Guardian _____ Phone: _____

Address: _____

E-Mail _____

PLEASE TAKE THE TIME TO FILL OUT THE IMPORTANT INFORMATION BELOW!

If you know what class level your child completed during the last session, please write that information here _____

If not, read the basic skill levels to be completed for each class below. Please check the level that best describes the skills your child needs to work on during the upcoming session. Recommended age levels are also listed.

PARENT/CHILD AQUATICS

Recommended age up to 3

- 1 blowing bubbles
- 2 front float - assisted
- 3 back float - assisted
(Parent works with child)
- My child needs to learn
the above skills _____**

PRESCHOOL AQUATICS

Recommended ages 3,4

- 1 blowing bubbles
- 2 front float - assisted
- 3 back float - assisted
- 4 roll front to back assisted
- My child needs to learn
the above skills _____**

LEVEL 1

Recommended ages 5,6,7

- 1 blowing bubbles head in water
- 2 front float - some assistance
- 3 back float - some assistance
- 4 roll front to back - some assistance
- My child needs to learn
the above skills _____**

LEVEL 2

Recommended age 7,8,9

- 1 open eyes underwater
- 2 front/back float unassisted
- 3 roll front to back unassisted
- 4 crawl stroke with leg kick
- My child needs to learn
the above skills _____**

LEVEL 3

Recommended age 9 and up

- 1 front crawl 15 yds
- 2 backstroke 15 yds
- 3 tread water 30 seconds
- 4 jump into deep water
- My child needs to learn
the above skills _____**

LEVEL 4

Recommended age 9 and up

- 1 front crawl 25 yds
- 2 backstroke 25 yds
- 3 change from front crawl to backstroke
- 4 breast stroke, back crawl 15 yds
- My child needs to learn
the above skills _____**

LEVEL 5/6 Recommended age 9 and up

- 1 front crawl, elementary backstroke 100 yds
- 2 back crawl, breaststroke 50 yds
- 3 sidestroke, butterfly 50 yds
- 4 feet first surface dive, retrieving object in 7-10 ft. depth
- My child needs to learn the above skills _____**

Participant Agreement: I understand the dangers associated with participating in this program or any other physical fitness or recreation program. I am in good physical health and will abide by the rules, regulations, guidelines, and instructions as determined by the Shelbyville Parks and Recreation Department board, directors, instructors and/or employees.

Liability Agreement: I do hereby release and hold harmless the City of Shelbyville, Shelbyville Parks and Recreation Department, Shelbyville Central Schools, and any sponsors or associations related to any program or activity and/or employees liable or responsible for any injuries, claims, and/or damages occurring during my participation in any such sponsored events, programs or activities. This agreement to release and hold harmless shall also be for my heirs, estate, executor, administrator, assignees, and for all members of my family.

COVID-19 Warning: We have taken enhanced health and safety measures for you, our guests and staff members. Please follow all posted instructions while visiting the City of Shelbyville Parks and Recreation Department. An inherent risk of exposure to COVID-19 exists in any public place where people gather. COVID-19 is a contagious virus that can lead to severe illness and death. According to the CDC, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting City of Shelbyville Parks and City of Shelbyville facilities, you voluntarily assume all risks related to exposure to COVID-19.

Parent/Guardian

Signature: _____ **Date** _____