

BOONVILLE PARKS AND RECREATION DEPARTMENT
LIONS PARK AQUATIC CENTER
2019 SWIMMING LESSONS

Child's Name: _____ **Age:** _____

Parent's Name: _____ **Phone:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Emergency Contact: _____ **Phone:** _____

Sessions: June 17-28 or July 22-August 2

Times: 11:00-Noon or 6:00-7:00 p.m.

Fee for Session: \$25.00 (includes 8 one hour lessons)

To Enroll: Fill out form and return with payment to City of Boonville.

Fees must accompany registration, classes will be filled on a first come, first serve basis. Maximum of 10 participants per class. One instructor per 5 participants. Fees are non-refundable unless there is not enough participation for the class to occur.

Course Description/Level(check one):

(A) Parent/Child (6 months-3 years) **Parent must be in water.**
Get wet with toys, exit by lifting out, enter using ladder, front and back float, passing from parent to instructor, leg action front and back, glide to wall, and enter pool in seated position.

(B) Preschool (4-6 years old) (check level 1 or 2) Students are assisted with most skills.
Level 1 - Become familiar with being in water, bobbing, putting head in water, opening eyes under water, back float, exit by lifting out, and enter pool by ladder.
Level 2 - Level 1 plus learn to float front and back, open eyes under water, treading water, roll from front to back, learn alternating kick with arm movement.

(C) Learn to Swim (LTS) - (check level 1, 2, 3 or 4) In LTS students learn to swim unassisted.
 Level 1 - Front glide, front crawl, open eyes under water, front crawl two body lengths, back glide two body lengths.
 Level 2 - Level 1 plus, jelly float, tuck float, retrieve objects under water, change directions while swimming, float on back, tread water for 1 minute.
 Level 3 - Level 1 & 2 plus, jump in deep water head first, rotary breathing, front crawl, elementary backstroke, tread water with one kick in deep.
 Level 4 - Levels 1, 2 & 3 plus feet first surface dive, survival swimming, breaststroke, butterfly, dolphin kick, tread water with two different kicks.

Waiver and Release of all Claims and Assumption of Risk --

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my child may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my child may have as a result of participation in this program/activity against the Boonville Lions Park Aquatic Center and the City of Boonville, including its officials, agents, volunteers and employees. I do hereby fully release and forever discharge the Boonville Lions Park Aquatic Center and the City of Boonville from any and all claims for injuries, damages, or loss that my child may have or which may accrue to my child and arising out of, connected with, or in any way associated with this program/activity.

PARENT/GURADIAN SIGNATURE: _____ **DATE:** _____ --

- Application along with payment may be mailed to: City of Boonville, c/o Parks & Rec., 401 Main Street, Boonville, MO 65233 ---