

Child's Name _____ Age _____

Has this child had previous lessons? Yes No

Rate this child's current swimming skills Weak Good Strong

Circle the appropriate level based on the descriptions below

Mommy & Me Level 1 Level 2 Level 3 Level 4 Level 5

Child's Name _____ Age _____

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Rate this child's current swimming skills Weak Good Strong

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Mommy & Me Level 1 Level 2 Level 3 Level 4 Level 5

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Mommy & Me Level 1 Level 2 Level 3 Level 4 Level 5

Explanation of Skill Level and recommended ages

Mommy & Me (Ages 4 and under) A low profile activity where a parent joins their child in the water under the supervision of an instructor for a water acclimation activity program.

Level 1 – Water Introduction (2 ½ - 5 years old) The child may or may not have ever been in the water before and are unable to swim. Need assistance in water that is over their heads. May be afraid of the water. Instructors will teach them how to maneuver through the water and how to put their head and entire body under water.

Level 2 – Primary Skills (4 – 6 years old) Basic swimming ability. Child has completed water introduction course. They are comfortable in water and can stand in it. They are comfortable without their parent around and with other children. They will be taught how to kick using a kickboard, how to use the wall, proper free style stroke, how to float and glide through the water.

Level 3 – Stroke Refinement (5 – 7 years old) Students have passed Levels 1 and 2 and can demonstrate basic floating techniques and principles behind the free style stroke. They may not be able to perform these tasks well but they can demonstrate knowledge of them. They will be taught the free style stroke, back stroke and beginnings of the breast stroke.

Level 4 – Stroke Development (6 – 8 years old) Efficiency of strokes, flip & open turns, diving

Level 5 – Pre- Swim Team Clinic (9 years old & up) – Breakout, starts, turns, drills and interval training

If a child cannot perform the tasks at the indicated level the instructor can and will move them to a lower level.

Please indicate any health concerns your child has that our instructors should be aware of: _____

Do you have any concerns? _____

Washington Borough Recreation

Parental Consent to use Child's Images on the Washington Borough Website

From time to time, the Recreation Program records digital images of players participating in youth sports and activities sponsored by the Borough to document the activities that are offered to Borough youth through the Recreation Program. The Borough desires to post these images on its website to promote the Recreation Program and its activities to the community.

It is the Borough's intent to protect the privacy rights of our young players and their families by (1) prohibiting the posting of any young player's image or identifying information on its website without the express written permission of the player's parent(s); and (2) publishing young players' photos on the website only as a means of promoting the activities of the Recreation Program.

In furtherance of the Borough's goal of protecting the privacy rights of our young players and their families no identifying information (name, age, etc.) will be included with any child's picture.

Consent to use of child's Image on Washington Borough Web Site, Please check one box

Yes, the undersigned parent or legal guardian of _____ (player's name), agrees and consents to the posting of digital images of the player on the Washington Borough website that were taken in connection with programs or activities conducted by the Borough Recreation Program.

The undersigned retains the right to refuse the posting of any particular image of the above named player, and to request the removal of any image at any time by contacting: _____.

No, the undersigned parent or legal guardian of _____ (player's name), DOES NOT consent to the posting of digital images of the player on the Washington Borough website that were taken in connection with programs or activities conducted by the Borough Recreation Program.

Signature of Both Parents or Legal Guardians

Date

Printed name of Parents or Legal Guardians

Liability waiver and emergency medical authorization

I understand that the activities/programs held within the Borough of Washington Municipal Park may include physical activity and exercise with the possibility of physical contact and bodily injury to myself or my children or ward (if any) listed above, and that the Washington Borough Recreation Department and its staff and the Borough of Washington (the "Borough"), are not undertaking responsibility to oversee activities that are free from the risk of injury, loss or damage to person or property, and I hereby assume all of said risks for myself and my children.

In consideration of the use and availability of the services and facilities, by me and the above listed children and wards if any, I hereby agree to release, relieve, hold harmless, and indemnify the Washington Borough Recreation Department, the Borough, and their respective officers, agents, instructors, and employees from all liability and claims arising out of any accident or injury suffered or incurred by me or said children or wards while enrolled in any class or program sponsored, organized or supervised by the Washington Borough Recreation Department or the Borough, except for acts of gross negligence or intentional acts of the said officers, agents, instructors, and employees.

Further, in case of accident, injury or sudden illness, I authorize any first-aid or emergency medical care which may become necessary for my child, ward or myself while enrolled in any activity or program administered by the Borough. I also authorize that my child, ward or I may be transported to a local medical facility. If I cannot be reached in an emergency, I hereby grant permission for my child or ward named above to receive all appropriate medical treatment necessary. By executing this document, I hereby assume, on behalf of my child or ward, all risk of injury or loss to which he or she may be exposed.

Signature of Parent or Guardian

Date