

NARA Park Group and Private Swim Lesson Registration

The Acton Recreation Department has swim lessons at NARA Park during the summer of 2009—Enrollment is limited. Red Cross Swim Lessons will be available for beginners through Level 3 – Stroke Readiness. **These classes are limited to children ages 2.5 through 17.** WSI Instructor will confirm a child’s readiness for level appropriateness after the first session. If necessary, an instructor may recommend an alternate level to fit the child’s readiness.

Please sign up for the appropriate swim class and times and indicate this on your registration form. All classes will be held at the NARA Park beach; beach memberships are not required to participate in swim lessons. Participants must have Level 1 certification in order to take Level 2 classes and have Level 2 certification in order to take Level 3 classes. Due to the pond’s limitation, certification can only go up to Level 3 as diving is not available.

Level 1 – Water Exploration: Submerge face; bobbing; float supported front and back; bubble blowing; kick supported-front & back; crawl stroke arms; reaching assists; PFD use.

Level 2 – Primary Skills: Submerge head; retrieve objects—check depth; deep water—supported; prone float/glide, recover; supine float/glide recover; level off from vertical; front & back flutter kick; fin on back; back crawl arms; combined strokes, front & back.

Level 3 – Stroke Readiness: Retrieve object eyes open; bob—chest deep; jump into water; prone and supine glide; front crawl breathing—10 yards; back crawl—10 yards; elementary back kick—10 yards; reverse direction front & back; tread water.



Swim Lesson Registration Form: Please check off lesson time and SESSION desired.

All swim classes are subject to changes due to weather conditions. Makeup classes will be held on **Fridays**. First rain-day will be a makeup session and the second a dry land safety day. Classes may be combined if there are not enough participants to conduct classes. Refunds will not be issued without a written cancellation letter, no less than 7 (seven) business days from the start of the session. A \$10 administrative fee will be retained for each cancelled session. *I agree to hold harmless the Town of Acton and/or its employees from claims or liabilities related to any accident that may occur. I give permission for medical treatment to be given if the need arise. I hereby agree to the above listed terms:*

Parent/guardian Signature: _____ **Printed Name:** _____

SESSION 1: \$55 July 6-July 9

Monday-Thursday*

- Group 1: 11:45-12:15 PM _____
- Group 2: 4:30-5:00 PM _____
- Group 3: 5:15-5:45 PM _____

SESSION 4: \$55 July 27-July 30

Monday-Thursday*

- Group 1: 11:45-12:15 PM _____
- Group 2: 4:30-5:00 PM _____
- Group 3: 5:15-5:45 PM _____

SATURDAY Mornings

SESSION 7: \$55 June 6-June 27

Weather Makeup-July 11

- Group 1: 10:45-11:15 AM _____
- Group 2: 11:30-12:00 PM _____
- Group 3: 12:15-12:45 PM _____

SESSION 2: \$55 July 13-July 16

Monday-Thursday*

- Group 1: 11:45-12:15 PM _____
- Group 2: 4:30-5:00 PM _____
- Group 3: 5:15-5:45 PM _____

SESSION 5: \$55 Aug. 3-Aug. 6

Monday-Thursday*

- Group 1: 11:45-12:15 PM _____
- Group 2: 4:30-5:00 PM _____
- Group 3: 5:15-5:45 PM _____

SATURDAY Mornings

SESSION 8: \$55 July 18-Aug. 8

Weather Makeup-Aug. 15

- Group 1: 10:45-11:15 AM _____
- Group 2: 11:30-12:00 PM _____
- Group 3: 12:15-12:45 PM _____

SESSION 3: \$55 July 20-July 23

Monday-Thursday*

- Group 1: 11:45-12:15 PM _____
- Group 2: 4:30-5:00 PM _____
- Group 3: 5:15-5:45 PM _____

SESSION 6: \$55 Aug. 10-Aug. 13

Monday-Thursday*

- Group 1: 11:45-12:15 PM _____
- Group 2: 4:30-5:00 PM _____
- Group 3: 5:15-5:45 PM _____

*Weekday weather Makeup classes are on Fridays.

Private Swim Lessons: 5 – 30-minute lessons \$115 Swim days and times are worked out with WSI instructor and swim lesson coordinator. They will contact you once the beach has opened for the season to coordinate time and days.

Semi-Private: 2 persons—same level 5—30 minute lessons \$170 Swim days and times are worked out with WSI instructor and swim lesson coordinator.

Checks Payable to: Town of Acton Payments also accepted via cash, money order, MC and VISA

Note: A \$3 fee is added for each \$100 charged on a credit card transaction

Please Print

Participant Name: _____ **Phone:** _____

Parent/Guardian Name: _____ **Emergency #** _____

Email Address (for class contact use and Recreation updates only): _____

Male or Female **Date of Birth:** ____/____/____ **School grade in September 2006** _____

Prior swim lessons? Yes No **Last passed tested level** _____ **Location:** _____

Address: _____ **City:** _____

Comments: _____