



# Swimming Lessons



2022 Swimming Lesson registration form for KPark and Renforth Beaches

\$50 for a two-week session (Mon-Fri) - 30 minutes classes

Classes may be closed/combined pending registration numbers.

**\*Children must be 5 or older upon registration.**

**PLEASE FILL OUT A SEPARATE FORM FOR EACH CHILD AND COMPLETE ALL SECTIONS**

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Primary Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Full Mailing Address: \_\_\_\_\_

Medicare Number: \_\_\_\_\_  Male  Female

Medical Conditions or Allergies: \_\_\_\_\_

Parents/Guardians Contact Information:

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

## SCHEDULE OF SESSIONS AND LESSONS

(Please check which session(s), beach, and level(s) you are registering for)

**Session 1: July 11 - July 22 (\$50)**  **K-Park** or  **Renforth**

10am-10:30am: Swimmer 6 7 8 9      10:30am-11am: Swimmer 1 2 3 4 5

**Session 2: Aug 8 - Aug 19 (\$50)**  **K-Park** or  **Renforth**

10am-10:30am: Swimmer 6 7 8 9      10:30am-11am: Swimmer 1 2 3 4 5

Please read this form carefully and be aware that in registering yourself or your minor child/ward for participation in Rothesay's Life Saving Society Swim For Life program(s), you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of the program(s). I recognize and acknowledge that there are certain risks of physical injury to participants in the program(s) and I agree to assume the full risk of any such injuries, damages, or loss regardless of severity which I or my child/ward may sustain as a result of participating in any of the program(s). I hereby fully release and discharge Rothesay and its officers, agents, servants and employees from any and all claims resulting from injuries, damages and losses sustained by me or my child/ward, and arising out, connected with, or in any way associated with activities of any of the programs.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Swim for Life Aquatic Registration

*Before you make your swim class selection, please check our registration guidelines below.*

<b>If your child....</b>	<b>Register in Lifesaving Society:</b>	<b>Previously in Red Cross Swim:</b>	<b>Previously in YMCA:</b>
Is 5 to 12 years and just starting out...	Swimmer 1	Swim Kids 1	Otter
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	Swimmer 2	Swim Kids 2	Seal
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	Swimmer 3	Swim Kids 3	Dolphin Swimmer
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	Swimmer 4	Swim Kids 4 Swim Kids 5	Star 1
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	Swimmer 5	Swim Kids 6	Star 2
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	Swimmer 6	Swim Kids 7	Star 3
Can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	Swimmer 7 / Rookie Patrol	Swim Kids 8	Star 4
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swimmer 8 / Ranger Patrol	Swim Kids 9	Star 5
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swimmer 9 / Star Patrol	Swim Kids 10	Star 6