

# NARA Beach American Red Cross Swim Lessons

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## 2025 Swim Lesson Registration Form



**Participant's Name:** \_\_\_\_\_

**Gender (optional):** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Swim Lesson Level:** \_\_\_\_\_

**Parent/Guardian's Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

### PRIVATE LESSONS (ages 4 and older): \$150 per person

Five 30-minute lessons. Swim days and time are scheduled with the Swim Coordinator. You will be contacted to schedule lessons after NARA Beach opens on May 31, 2025.

#### SWIM LEVEL INFORMATION:

**Level 1:** Minnows      **Level 2:** Stingrays      **Level 3:** Barracudas

**Level 1:** Minnows – Water Exploration: Submerge face, bobbing, supported front and back float, bubble blowing, supported front and back kick, reaching assists, PFD use. Requirements: No prior swimming experience necessary.

**Level 2:** Stingrays – Primary Skills: Submerge head, retrieve objects, prone float/glide/recover, supine float/glide/recover, front and back flutter kick, back crawl arms, front and back combined strokes.

Requirements: Passed Minnows level, or can swim 5 yards on back and front.

**Level 3:** Barracudas – Stroke Readiness: Retrieve object with eyes open, chest deep bobbing, prone and supine glide, front crawl with breathing for 10 yards, back crawl for 10 yards, elementary back stroke for 10 yards, reverse direction front & back, treading water. Requirements: Passed stingrays level, or can do 10 yards of elementary back stroke or front crawl.

**Classes are available for ages 4 and above.** Please sign up for the appropriate swim level on this form. All classes are held at NARA Park Beach. Participants must have prior swim lesson experience to participate in higher level classes. Certification can only go up to Level 3, as diving is not available at NARA Pond. All swim classes are subject to change due to weather conditions or water quality. Make-up classes will be held on a day indicated by instructor. **Refunds will not be issued without a written cancellation letter no less than 7 business days from the start of the session. A \$25 non-refundable registration fee applies for each cancelled session per child. Refunds will not be given if a child is unable to attend any make-up sessions.**

#### RELEASE OF LIABILITY

I agree to hold harmless the Town of Acton and/or its employees, independent contractors, their agents and employees, from claims or liabilities related to any accident or injury that may occur. I certify that the participant is in good health. I understand that there is risk in taking part in sports and recreational activities, and I am willing to assume those risks. I give permission for medical treatment to be administered should the need arise.

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

**Printed Name:** \_\_\_\_\_