



NARA Beach American Red Cross Swim Lessons

ACTON RECREATION DEPARTMENT: 50 Audubon Drive, ACTON, MA 01720

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Swim Lesson Registration Form

1. Participant's Name: _____ Gender _____

Date of Birth: _____ Age _____ Swim Lesson Level: _____

2. Participant's Name: _____ Gender _____

Date of Birth: _____ Age _____ Swim Lesson Level: _____



Parent/Guardian's Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

TOTAL AMOUNT = \$ _____

PRIVATE LESSONS (ages 4 and older): \$100 per person

Five 30-minute lessons. Swim days and time are coordinated with the Swim Instructor. You will be contacted during beach hours, after the beach opens on May 28, to coordinate the lesson schedule.

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's 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 the 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 5 business days from the start of the session. A \$25 non-refundable administrative fee will be retained 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 there is some 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 given if the need to arise.

Parent/Guardian Signature: _____ Date: _____

Printed Name: _____

For Office Use Only: Date received ___/___/___ Staff ___ Amount Paid \$____ Check #____/Cash/MC/VISA