



Youth Lessons

Spring 2008



Weekday Lessons (5 weeks, 10 Lessons)

Session One: January 28th through March 7th

Registration: FRC Members begins January 14th
Non-members begins January 21st

Level 1 & 2	Monday and Wednesday	5:00-5:40pm
Level 3a	Monday and Wednesday	5:00-5:45pm
Level 3b	Tuesday and Thursday	5:00-5:45pm
Level 4	Tuesday and Thursday	5:00-5:45pm
Level 5/6	Tuesday and Thursday	5:00-5:45pm

Session Two: March 24th through May 2nd

Registration: FRC Members begins March 10th
Non-members begins March 17th

Level 1 & 2	Tuesday and Thursday	5:00-5:40pm
Level 3a	Tuesday and Thursday	5:00-5:45pm
Level 3b	Monday and Wednesday	5:00-5:45pm
Level 4	Monday and Wednesday	5:00-5:45pm
Level 5/6	Monday and Wednesday	5:00-5:45pm

Weekend Lessons (10 weeks, 10 Lessons)

Session One: January 26th through March 29th

Registration: FRC Member January 14th
Non-member January 21st

Level 1 & 2	Saturday	8:45-9:25am
Level 3	Saturday	9:35-10:20am
Level 4	Saturday	10:30-11:15am

Program Fees:

Levels 1 & 2: Free under Sumner P. Mills Fund

Levels 3a, 3b, 4, 5/6: \$40 FRC Members; \$50 Non-members

Our swim lesson dates and times are constructed around the University of Maine at Farmington academic calendar and student instructor availability.

Visit: <http://frc.umf.maine.edu>

Program Information

Registering for Swim Lessons:

1. Classes fill on a first come first served basis.
2. Registration forms will only be accepted during the registration dates for each session. Please see front page.
3. To ensure prompt registration bring the registration form to the front desk during the registration time. Mailed in forms will be added to classes if space is available.
4. A 50% non-refundable deposit for all levels not covered by the Sumner P. Mills Scholarship is due the day of registration. The remaining funds are due before the start of the first class or students will not be allowed in the class.
5. Waiting list people will be called after the first class, unless someone pulls out before hand. You should not leave a deposit or come to the first class.
6. Classes may be combined or cancelled if there are not enough students. Class fees will be refunded if a class is cancelled; otherwise class fees are NOT refundable.

Parent Guidelines:

1. Parents are allowed on the pool deck for the **first and last class** of each session *only*. You may observe from the track during the other classes.
2. All children who are not toilet trained must wear swim diapers.
3. If you cannot make the first class, please call 778-7437 or your spot will be given to someone on a waiting list.
4. The bathroom in the front of the lobby must be used as a family changing area for children of the opposite sex under 4 years old.
5. Observers who are not facility members may not wander throughout the facility, use any facility equipment, court space, or the track.

Class Cancellation Policy:

1. If **SAD 9 cancels school due to weather, Swim Lessons are cancelled also.** There will not be any make-up lessons.
2. Swim Lessons are **NOT** cancelled on early release days.

There are no lessons over February and April school vacations.

Lesson Descriptions

Level 1 & 2 combined:

Weekday lessons: This class will have an enrollment cap of 20 participants. The 4 instructors will assess all participants on the first day and then break them up into levels 1 and 2. Level 1 participants will learn about being comfortable in the water and how to enjoy the water safety. Level 2 participants will learn to float without support and to recover to the vertical position. They will begin to explore alternating leg and arm actions on front and back. Treading water and breathing control will be introduced. Saturday morning lessons: Enrollment cap of 8 participants with one instructor. Levels taught combined. Participants must be toilet trained and able to follow directions in a class setting, about age 4.

Level 3a:

Participants must be able to demonstrate all completion requirements from level 2. Please ask the front desk for a complete list of skills. Participants in section 3a will begin to coordinate the front crawl and back crawl. They will be introduced to the butterfly, treading water, and diving. Water safety with life jackets is also covered.

Level 3b:

Participants in 3b must be able to swim on length of the pool, 25 yards. Level 3b will continue to work on the skills learned from Level 2 and 3a as well as increasing endurance.

Level 4:

Participants must be able to demonstrate all completion requirements from level 3. Please ask the front desk for a complete list of skills. This level will improve participant's skills and increased their endurance by swimming familiar strokes for greater distances. Participants will continue to build on butterfly and introduce elementary backstroke, breaststroke, elements of sidestroke, and water safety. Open turns, and feet-first surface dive will be introduced.

Level 5 & 6 combined:

Participants must be able to demonstrate all completion requirements from level 4. Please ask the front desk for a complete list of skills. In this advanced level participants will work on stroke refinement and endurance. Surface dives and flip turns will be introduced as participants begin to swim with more ease, efficiency, power, and smoothness over greater distances.

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Visit: <http://frc.umf.maine.edu>

Youth Swim Lessons Registration Form

Spring 2007

Today's Date _____ FRC Membership Number: _____
Child's Name _____ Age _____ Gender: M F

Parent/Guardian Name: _____

Mailing Address: _____
Street City/Town State Zip

Day/Work Phone # _____ Evening/Home Phone # _____

E-Mail: _____

Does the participant have any medical conditions or take any medications that we need to be aware of? If none, please state. _____

Please indicate what class you would like to register for:

Session One:

- | | | |
|--------------------------|-------------|---------------------|
| <input type="checkbox"/> | Level 1 & 2 | Monday & Wednesday |
| <input type="checkbox"/> | Level 1 & 2 | Saturday (10 weeks) |
| <input type="checkbox"/> | Level 3a | Monday & Wednesday |
| <input type="checkbox"/> | Level 3b | Tuesday & Thursday |
| <input type="checkbox"/> | Level 3 | Saturday (10 weeks) |
| <input type="checkbox"/> | Level 4 | Tuesday & Thursday |
| <input type="checkbox"/> | Level 4 | Saturday (10 weeks) |
| <input type="checkbox"/> | Level 5/6 | Tuesday & Thursday |

Session Two:

- | | | |
|--------------------------|-------------|--------------------|
| <input type="checkbox"/> | Level 1 & 2 | Tuesday & Thursday |
| <input type="checkbox"/> | Level 3a | Tuesday & Thursday |
| <input type="checkbox"/> | Level 3b | Monday & Wednesday |
| <input type="checkbox"/> | Level 4 | Monday & Wednesday |
| <input type="checkbox"/> | Level 5 & 6 | Monday & Wednesday |

Assumption of Risk and Release:

I want my child/ I want to participant in the Swim Lesson Program at the University of Maine at Farmington Fitness and Recreation Center. I understand that there are risks, as well as benefits, associated with participation in the class. I understand that the risks include personal injury, disability and even death. I, on behalf of myself, my child, and those acting on my or my child's behalf, voluntarily assume all risks involved in participating the class. Furthermore, in confidence of the benefits, I, on behalf of myself, my child and those acting in my or my child's behalf, irrevocably and unconditionally release and hold harmless The Fitness and Recreation Center and those acting in its behalf from any and all liability, lawsuits, claims, and actions arising from or connected with participation in the class. I have read this release and I understand its content.

Signature of Participant (if under 18, Parent or Guardian) _____

Date _____

For Front Desk Use Only

Write participants name on appropriate class roster sheet.

Staff Initials: _____

Amount Due: _____

Date: _____

Amount Paid: _____ Payment Type: _____

Time: _____

Balance Due: _____

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