



# Montpelier Recreation Department

## 2022 Swimming Lessons

58 Barre Street Montpelier, VT 05602 | 802-225-8699 | [www.montpelier-vt.org/838/Montpelier-Recreation](http://www.montpelier-vt.org/838/Montpelier-Recreation)

Please Print Clearly! Thank you!

Guardian/Parent Name: \_\_\_\_\_ Address \_\_\_\_\_

Phone: \_\_\_\_\_ Email \_\_\_\_\_

Guardian/Parent Name: \_\_\_\_\_ Address \_\_\_\_\_

Phone: \_\_\_\_\_ Email \_\_\_\_\_

Child's Name: \_\_\_\_\_ Grade \_\_\_\_\_ Birthday: \_\_\_\_\_

FEE: Residents: \$35.00 Non-Residents: \$52.50 Minimum: 5 Maximum 10

**Payment Due at the time of registration**

**Registration Deadline for first session 7/1/22**

July 11 - July 22				
<b>10:00 -1030</b>	<b>10:45 - 11:15</b>	<b>11:30 - 12:00</b>	<b>5:15- 5:45</b>	
Tadpoles 1121A	Tadpoles 1121B	Frogs 1131C	Tiny Tots 1111B	
Tiny Tots 1111A	Frogs 1131B	Sharks 1161C	<b>Tadpoles - Level 6 Maximum participants per class: 10</b>	
Swordfish 1141A	Swordfish 1141B	Dolphins 1151C		
Level 6 1171A	Dolphins 1151B			

**Registration Deadline for second session 7/22/2**

August 1 - August 12				
<b>10:00 -1030</b>	<b>10:45 - 11:15</b>	<b>11:30 - 12:00</b>	<b>5:15- 5:45</b>	
Frogs 1132A	Tadpoles 1122B	Tadpoles 1122C	Tiny Tots 1112B	
Swordfish 1142A	Tiny Tots 1112B	Frogs 1132C	<b>Tiny Tots maximum participants: 10 per class</b>	
Sharks 1162A	Dolphins 1152B	Swordfish 1142C		
	Level 6 1172B			

**Swim Lesson Levels Description on the back**

# 2022 Summer Program Registration Form

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Please be sure that if you have never participated in a Montpelier Recreation Program that you also fill out a household creation form and attach it to this form. Thank You!

**Tiny Tots:** Our program is for children 5 and under who have not been to kindergarten. It is required that a parent accompany their child in the water. You will learn to work with your child on pre-swimming skills that are provided by a qualified instructor. In case of cold and/or rainy weather, lessons will be cancelled.

**Tadpoles:** Learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. Participants will learn elementary aquatic skills such as floating, gliding, and breath control, which they will build on as they progress through the six learn-to-swim levels. Participants will also learn to safely enter and exit the water independently and begin to learn to recover from floating and gliding into a vertical position.

**Frogs:** Gives participants success with fundamental skills. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Participants will learn to step into chest deep water, perform front and back floats and return to a vertical position as well as swim on the front using a combined arm and leg action for 5 body lengths. Frogs is for children who have passed Tadpoles

**Swordfish:** Participants will learn the survival float, the elementary backstroke and to coordinate the front crawl. They are introduced to the scissors kick and build on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the rafts. Swordfish is for children who have passed Frogs.

**Dolphins:** Developing confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes such as the front crawl and elementary backstroke for greater distances. Students also continue to build upon the scissors kick by adding the arms for sidestroke and butterfly. The back crawl and the breaststroke are introduced in this level. Dolphins is for children who have passed Swordfish

**Sharks:** Coordinating and refining strokes. Participants refine their performance of all the strokes including the front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and increase their swimming distances. Children must have completed Dolphins

**Level Six:** Refining the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Children must have passed Sharks.

\*I assume all risk and hazards incidental to such participation, including transportation to and from activity, and hereby waive, release, absolve, and agree to hold harmless the City of Montpelier Recreation Department, their officers, agents, officials, employees, volunteers, the organizers, sponsors, supervisors and participants for any claim arising out of any injury to my child or myself.

Signature: \_\_\_\_\_

Total Amount \$ \_\_\_\_\_ Please Return with Cash or Check Payment, Thank You!

For Office Use Only:

Date Received \_\_\_\_\_ Received By \_\_\_\_\_ Date Entered \_\_\_\_\_ Payment Entered \_\_\_\_\_