

Phase 3 Swim Lessons- Loriella Pool 2020

-Each session will consist of 5 lessons for 45 minutes each, Monday through Friday. Saturday & Sunday mornings will be held for make up classes, if needed. Classes will be strictly held to a maximum number of 5 students per class.

-Under the Governor's Phase 3 orders, participants must attempt to keep 10 feet of social distancing.

Session 4: July 13-17 **Session 5:** July 20-24 **Session 6:** July 27-31 **Session 7:** Aug. 3-7

Class Offerings:

8:00-8:45am	Level 2 (Ages 7-12)***	Level 3 (Ages 7-12)***	Level 5 (Ages 7-12)
9:00-9:45am	Parent Child A (Ages 1.5-3)	Level 2 (Ages 7-12)***	Level 4 (Ages 7-12)
10:00-10:45am	Parent Child B (Ages 4-6)	Level 1 (Ages 7-12)***	Level 6 (Ages 7-12)
11:00-11:45am	Level 1 (Ages 7-12)***	----	-----
6:00-6:45pm	Parent Child A (Ages 1.5-3)	Level 1/2 (Ages 7-12)***	Level 5/6 (Ages 7-12)
7:00-7:45pm	Parent Child B (Ages 4-6)	Level 3/4 (Ages 7-12)***	-----

*****THESE CLASSES REQUIRE INSTRUCTORS TO COME IN CONTACT WITH PARTICIPANTS.**

Parent & Child (Ages 1.5-3 years old): Builds swimming readiness by emphasizing fun in the water. Parents/guardians and children participate in guided sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more in age appropriate ways.

Parent & Child (Ages 4-6 years old): Will help students feel comfortable in the water and enjoy the water safely. Skill building will include: Submerge mouth, nose and eyes, blow bubbles through mouth and nose (3 seconds), open eyes under the water and pick up a submerged object held at arms length, show comfort maintaining a back float position with assistance, begin alternating arm and leg actions with assistance. This class uses age appropriate techniques to get young children comfortable and confident in and around the water.

Level 1 (Ages 7-12): School Aged Level 1 will help students feel comfortable in the water and enjoy the water safely. Skill building will include: Submerge mouth, nose and eyes, blow bubbles through mouth and nose (3 seconds), open eyes under the water and pick up a submerged object held at arms length, show comfort maintaining a back float position with assistance, begin alternating arm and leg actions with assistance. This class is meant for swimmers who are not yet comfortable in the water or who do not have much experience/skill in or around the water.

Level 2 (Ages 7-12): Provides students with opportunities for success with fundamental skills. Skill building will include: bobbing 5 times, retrieving submerged items from water above head level, demonstrate a front glide (2 body lengths), tread water using arms and legs in chest deep water, swim on front using any combination of arms and leg actions (15 feet), swim on back using any combination of arms and leg actions (15 feet).

Level 3 (Ages 7-12): Builds on skills from Level 2 by providing additional guided practice and more in-depth teachings of 3 out of the 4 competitive swim strokes. Participants will begin to demonstrate proficiency in front crawl, back crawl, and breast stroke, while mastering rotary breathing, alternating arm and leg actions, and simultaneous arm and leg actions. The gap between Level 3 and Level is significant. The majority of participants will need to return to Level 3 for at least 2 sessions.

Level 4 (Ages 6-12): Students build confidence and improve performance of the swim strokes learned in Level 3. Participants will continue working on the 4 competitive swim strokes, while being challenged by the addition of the 2 non-competitive strokes (elementary backstroke and sidestroke). Diving and competitive flip turns are introduced but not mastered.

Level 5 (Ages 6-12): Participants build on skills learned in Level 4 by providing additional guided practice. All 6 swim strokes are performed independently and are refined with instruction specific to the participant. Dives are performed from sitting, standing and kneeling positions on the pool deck, as well as, off of the diving board. Competitive flip turns and specific stroke transitions are performed independently and perfected.

Level 6 (Ages 6-12): Participants refine strokes to swim with increased efficiency, power, and smoothness, and ease over greater distances. Participants will increase endurance while swimming. Participants are void of a large amount of hands-on instruction, but are rather given sets to complete and skills are fine-tuned based on the participants needs. School Aged Level 6 will mimic the endurance and practice structure of competitive swim teams.

FEE: \$45.00 Spotsylvania County Residents, \$55.00 Non-county Residents

Registration will continue until classes are full or until deadline date. Registrations will be accepted on a first-come, first-served basis.

Class sizes are limited to a 5 student maximum.

Registration begins Tuesday, June 30, 2020 and ends the Friday before the session begins.

Spotsylvania Parks and Recreation Department
2020 Swim Lesson Registration Form
PLEASE USE A SEPARATE FORM FOR EACH PERSON and/or EACH CLASS.
Registration online address: www.spotsylvania.va.us/parksandrec

Participant's Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Please indicate if this is a new mailing address since last summer

Email Address: _____

Primary Phone: _____ Secondary Phone: _____

Age – if under 18 (as of class starting date): _____ Birth Date: _____

Birth Certificate is (circle one) on file enclosed (a birth certificate must accompany this form if one is not already on file.)

DOES THE PARTICIPANT HAVE ANY MEDICAL PROBLEMS, INJURIES OR ALLERGIES THE INSTRUCTOR SHOULD BE AWARE OF?

YES NO If yes, describe: _____

Class Choice: **ONE CLASS PER FORM, PLEASE.**

ACTIVITY NUMBER: (example: 113603-06) _____ **LEVEL:** _____

DATES: (example: 6/1/20 thru 6/11/20) _____ **TIME:** _____

Release of Claims (Parent or Guardian must sign for participants under 18):

I, the undersigned, do agree to indemnify and hold harmless Spotsylvania County, the officers, employees, and agents thereof and the Swim Lesson Contractor, supervisors and instructors, from any and all claims or liability, including attorney's fees and costs, for injury or other damage suffered as a result of participating in the 2020 Swimming Lessons. I understand that if the above named person withdraws from a session at least one week prior to the starting date, a refund (less 20% administrative fee) will be available if I put my refund request in writing. I also understand that if the above named person withdraws from a session without the required one week notice, the registration fee will not be refunded.

Primary Guardian – Print Name: _____

Primary Guardian Signature: _____ Date: _____

The fee for each class is \$45 for Spotsylvania County residents; \$55 for non-county residents. Checks payable: "Treasurer, Spotsylvania County." There is a \$50 service charge on all returned checks. Make checks payable to: "**Treasurer, Spotsylvania County**".

2.75% NON-REFUNDABLE CONVENIENCE FEE CHARGED ON ALL CREDIT/DEBIT CARD TRANSACTIONS.

Birth Certificate required for all children under the age of 18, if one is not already on file with the Department.

Withdrawals: Those wishing to withdraw from the program must do so by contacting the Spotsylvania Parks and Recreation Department by the posted deadline date. Individuals should follow up their verbal cancellation request with a written refund request. A 20% administrative fee will be charged on all refunds. Failure to attend class does not constitute a proper withdrawal, and the participant will not receive a refund. There will be no refunds given to those who withdraw from the program after the listed registration deadline.

COVID-19 AGREEMENT (PLEASE READ CAREFULLY AND INITIAL): Activities will resume under guidance from the Commonwealth of Virginia and Spotsylvania County officials. Please note that classes, programs, facility rentals, special events and sports may be delayed, postponed, or cancelled if at any time new guidance is issued at the state or local level regarding the COVID-19 virus. _____ (primary guardian initials)

I understand that the above listed participant will not be able to participate if they are experiencing any of the following: cough, shortness of breath, fever or chills, sore throat, muscle aches, headache, or new loss of smell or taste. _____ (primary guardian initials)

****PLEASE NOTE:** Parents are encouraged to watch their child from outside of the pool gates, or utilize our participant check in/check out system to assist us with keeping within state guidelines for maximum capacities at pools. Deck chairs/lounges will NOT be available for usage during swim lessons. We appreciate your cooperation!