The Washington Island Recreation Center will offer swim lessons based on the American Red Cross (ARC) Learn-to-Swim and Preschool Aquatics program to children. Please see days and times on board at Rec or Call the Rec. Lessons offered thanks to Community Center support. The ARC Learn-to-Swim program is based on learning skills in a progression, it is best to place children in the appropriate level. Please review the ARC Swim Lessons Achievement Booklet (on bulletin board or ask desk attendant). Children should be able to complete the Exit Assessment skills before advancing to the next level. **PLEASE LET INSTRUCTORS KNOW CONCERNS OR PLANNED ABSENCES.**  Parents are to fill out the necessary PRE-REGISTRATION forms, SIGN and DATE the form and return it to the Rec Center prior to the class start date. (Please sign the back of the registration form as well.) Times may change according to class size and/or if swimmer is assigned to an inappropriate level. **Goggles** are acceptable, but no face masks. Parents please make sure goggles are adjusted before class.  For children with **long hair** please have your hair in a ponytail at the start of class.

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**SWIM LESSON REGISTRATION FORM**

Circle one: WINTER SUMMER FALL SPRING

Child’s Name Age         Level Medical Condition

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\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_\_\_\_

In Case of Emergency please contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_#\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_

        Date

**How many lessons do you expect your child to attend?**\_\_\_\_\_

**Rock** – Preschool Aquatics – (Age 4 minimum and/or potty trained, be able to touch the bottom in shallow end with head above the water) – A swim class designed to teach safety and comfort in the water.

**Dune** – Learn-to-Swim Level 1– A swim class for beginners to learn basic skills and safe practices in and around water.

**Starfish** – A more structured swim class to advance the Level 1 & Level 2 skill of adventurous beginners.

**Paddle** – Learn-to-Swim Level 3 – An intermediate swim class focused on developing strokes (front crawl and elementary backstroke) as well as learning new kicks and reinforcing survival skills. Participants who successfully complete Level 3 have achieved basic water competency in a pool environment.

**Harbor** – Learn to Swim Level 4 – An intermediate swim class to improve proficiency and endurance as well as learn additional skills and strokes (back, breast, and side strokes as well as butterfly).

**Sharks** – A Level 4 swim class for older students to improve proficiency of alternate skills and strokes introduced in Harbor.  Fitness skills focusing on endurance for front and back crawl will be emphasized.

**Ferry** – Learn to Swim Level 5 – An advanced swim class to refine stroke performance and endurance as well as learn flip turns for front and back crawl. Fitness skills such as circle swimming and interval training will be taught.

I understand that photos are occasionally taken during scheduled activities and that any photo taken of my child may be used for publicity purposes by the Washington Island Recreation Center (i.e. on Bulletin Board at Center, posted on Facebook, or sent to the Island Observer newspaper). Please let us know if this is unacceptable to you (in writing) so that we may respect your privacy wishes. \_\_\_\_\_ initial