

2018 NORWAY SWIM PROGRAM @ LAKE PENNESSEEWASSEE PARK
Dates of Program: June 25, 26, 27, 28, July 9, 10, 11, 12 Monday thru Thursday

SWIM LESSON SCHEDULE

9:30-10:15	Level 4, 5, 6	
10:20-11:05	Level 2	10 per class/levels Preschool-3 12 per class/levels 4-6
11:10-11:40	Level 1	*Your child must have an adult present during the lesson
11:45-12:30	Level 3	* Your child must be 3 years of age as of July 1, 2018
12:50-1:20	Level Pre-school	
1:25-2:10	Level 2	*Fee <u>must</u> accompany registrations
2:15-3:00	Level 3	to a secure a spot in the program
		* Spots fill on a first come/first pay priority

*** All age 3 & 4 are Preschool Level, must be POTTY TRAINED. Testing is done the first day by the Water Safety Instructor to verify your child is in the correct level. We reserve the right to change level times or cancel a level if there is low turnout for that level.**

Preschool: Getting into and feeling comfortable with the water

Level I Water Skills: already comfortable going into the water; learn to put full face in water with eyes open

Level II Aquatic Skills: roll front to back; front/back/jellyfish/tuck floats; submerge full head; life jacket use

Level III Stroke Development: kneeling diving skills; flutter/butterfly/dolphin kicks; rotary breathing

Level IV Stroke Improvement: front & back crawl; tread water; breast/side/butterfly strokes; scissors kick

Level V Stroke Refinement: side/breast/butterfly strokes; surface/shallow/tuck/pike dives; survival

Level VI Personal Safety: endurance for all strokes; survival skills, self rescue techniques; review all skills

**FEES: Norway Residents & Taxpayers \$20 per child for each of the first 2 children;
\$10 each additional child**

Non-Residents \$40 per child

Make checks out to 'Norway Recreation Department'

Bring or mail bottom half to: Debra Partridge, Recreation Director Norway Town Office
19 Danforth Street Norway, ME 04268-6002

I have registered son/daughter _____ for Level _____ at _____ AM PM

-PARENTS KEEP TOP HALF FOR YOUR RECORDS ~ PLEASE READ IMPORTANT INFORMATION ON THE BACK-

PLEASE PRINT - USE ONE REGISTRATION FORM PER PERSON

***KEEP TOP PART OF FORM FOR YOUR INFORMATION & REFERENCE**

Level ____ Time ____ Phone (H): _____ Phone (W): _____ Today's Date _____

Child's Name: _____ M or F Age: _____

Parent/Guradian Name: _____

Address: _____

I give permission for my child to participate in the Norway Swim Program. In case of injury, I waive all claims against the Town of Norway and their staff. My child is in adequate physical condition to participate in the Norway Swim Program.

Signature of Parent/Guardian: _____

**** Please list any relevant information (allergies, physical limitations, etc... about your child)**

PARENT INFORMATION ~ PLEASE READ AND KEEP FOR REFERENCE

- ~ Classes are held at the Little Red School House beach.
- ~ No Parking is allowed on the side of the road from the Lake Store to the Park entrance. The Police will patrol this area.
- ~ **The Little Red School House parking is reserved for staff and handicap parking.**
Please park in the main parking lot of the park and escort you child to his/her lesson.
If the main parking lot is full, take the boat landing road to the overflow parking area.
DO NOT leave the beach while your child is in swim lessons.
Swim Staff are responsible for participants **ONLY** during their lesson time.
When your child is not in the water, you are responsible for their well-being and whereabouts.
- ~ The first day will be testing to ensure your child is in the correct class level. If after the second day, you feel your child is at the wrong level, speak to the instructor prior to class. The Instructor will observe your child, consult with the Swim Director and decide on the best level for your child. Due to the class limits, this may mean a time change for your child's lesson.
- ~ We will provide equipment, do not bring flotation devices, masks, snorkels, or fins to class unless requested by the Instructor.
- ~ The Town of Norway is not responsible for any items lost during the swim lessons.
- ~ **The last class is held rain or shine; there will be lesson reviews, certificates awarded and free swim if time allows.**
- ~ **CLASSES ARE HELD IN THE RAIN. In case of very inclement weather, classes will be cancelled one at a time.** (Ex: The 11:10 class may be cancelled and the 12:50 class could be held.)
- ~ We want swim lessons to be fun. Swim Staff will not be forceful or dunk heads.
- ~ Those not in lessons can swim at the sandy beach, which is open to the Public. Please do not allow your children that are not in lessons play by the waters edge, they are a distraction to the classes. There are no Lifeguards at the Park, you swim at your own risk.
- ~ To reduce "Duck Itch" or "Swimmers Itch" please do not feed the ducks.
We will notify you if there is an outbreak of "Swimmers Itch".
- ~ If you have any suggestions or concerns about the Norway Swim Program, please talk with Norway Parks & Recreation Director Deb Partridge 743-6651 or parksrec@norwaymaine.com
- ~ In case of an emergency, listen to and follow the directions of the Swim Director.