

BÜ Recreational Park

Beginners 2 Swimmers

Swimming

Lessons

The B-U Pool is offering One-on-One and Group Swim Lessons for the 2019 summer season. Lessons are offered Monday – Friday as follows:

- ❖ One-on-One lessons for Children Under 4 Years of Age (or by request)
\$15.00 -45 Minutes
- ❖ Group Swim Lessons Monday – Friday 9:30am-10:30am or
10:45am—11:45am \$50 per week



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Lesson Assessment



ASSESS YOUR SWIMMING SKILL LEVEL

Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water safely.

Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills

Level 3: Stroke Development: Additional guided practice will help students improve their skills.

Level 4: Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.

Level 5: Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers

Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.

BU Recreational Park

Swim Lesson Contract/Release of Liability

Choose Lesson Type:

One-on-One (45 mins.) Group

Circle Lesson Preferences:

Mon Tue Wed Thur Fri

9:30am - 10:30am or 10:45 - 11:45am

Child's Name

Circle Gender: Female Male

Date of Birth: ____/____/____ **Age:** ____

Circle Level: *use the assessment tool in this packet

1 2 3 4 5 6

Name of Parent/Guardian

Mailing Address

City

State

Zip

Phone

Email Address

Name of Emergency Contact

Emergency Contact Phone Number

Please list any medical condition(s) staff should be aware of: _____

RELEASE OF LIABILITY

(Required to Participate)

I, the undersigned, individually and as a parent/guardian of the swimmer mentioned above, a minor, ask that he/she be admitted to participate in swim lessons sponsored by the BU Recreation Park. I do hereby agree to release, discharge and hold harmless BU Recreation Park and all affiliates, including but not limited to the Upshur County Commission, from all causes, liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the swim lesson or in the course of activities held in connection with the program

Parent/Guardian Signature: _____ **Date:** ____/____/____