

Warrenbrook Pool - Swim Lesson Registration Form

Child's Name: _____
Address: _____
Parent's/Guardian's Name: _____ Telephone #: (Home) _____ (Work) _____
Class Name: _____ Session: _____ Time: _____

Swim Lesson registrations must be done in person. Make check payable to "Somerset County Park Commission." Please complete both sides of the registration form before registering. Before engaging in any physical activity, it is advisable to check with a physician regarding any condition that may limit participation.

Please note that the Somerset County Park Commission will only refund registration fees if a class has not begun and another child is available to fill the vacancy.

OFFICE USE ONLY: Paid \$ _____ Check#/Cash _____ Date _____ Rec'd By _____

Swim Lesson Information

The Somerset county park commission offers swim lessons for a variety of abilities and experience. All classes are a two week sessions, weekdays Monday through Friday for forty minutes.

Swim Lesson Dates

July 5 - July 16

July 19 - July 30

August 2 - August 13

Swim Lesson Class Times

10:15 - 10:55am or 11:00 - 11:40am

Cost: \$60.00

When registering your child, please note the class, session, and time you prefer. Please complete the registration form and bring it to pre-season pool registration or drop it off in pre-season once the pool is open. Payment of a \$60 non-refundable registration. Class participants are asked to be at poolside 5 minutes prior to the start of class.

Classes are held during rain, but cancelled for thunder and lightning.

908 722-1200 ext. 226 • TDD Relay at 711

2010

SWIM LESSONS



Warrenbrook Pool



www.somersetcountyparks.org

2010 Swim Lesson Information

Toddlers (Ages 2-4)

Orientation to the small and large pool for small children and parents. Parents will be taught along with children so that instruction may be reinforced by parents during weekly visits to the pool. Instructors will work with parents during the instruction portion of the class.

Objectives of the Toddler Class

- Assist children in overcoming their fear of the water.
- Provide children with fundamentals of breath-holding beneath the surface.
- Teach children how to close their mouths when exhaling beneath the surface.
- Teach children how to open their eyes beneath the surface (count fingers and retrieve small objects from the bottom.
- Provide continual reinforcement of pool safety and rules.
- Teach proper leg kicking technique.

Beginner I

- Prone Float
- Breath Holding
- Back Float
- Prone Glide with Kick
- Back Glide with Kick
- Arm Stroke
- Pool Safety and Rules

Beginner II

- Review of Beginner I Skills
- Sculling
- Crawl Stroke
- Turning Over
- Jump into the Chest Deep Water
- Front Drive
- Safety Skills

Advanced Beginner

- Completion of Crawl stroke with Rhythmic Breathing
- Survival Floating
- Treading Water
- Elementary Back Stroke
- Diving and swimming under water
- Basic Safety and rescue Techniques

Intermediate

(offered only at 11:00am)

- Crawl Stroke
- Kicks: Leg, Crawl, Scissors, and Breast Stroke
- Elementary Back Stroke (review)
- Side Stroke
- Breast Stroke
- Safety and Survival Skills
- Diving
- Rescue Skills and Artificial Respiration



Release and Waiver

Release - as part of the consideration for being allowed to participate in swim lessons, the undersigned agrees that neither the Somerset county park commission (SCPC) nor the county of Somerset, any director, officer, employee, agent or representative or division of the SCPC, the county of Somerset nor any of their respective successors or assigns (collectively, including the SPC, the Representatives) shall be liable for any loss, damage injury or claim of an kind to person or property arising from or caused by participation by the undersigned in swim lessons including without limitation any loss damage or claim arising from any accident involving the undersigned whether on or off the Representatives property.

Waiver and Indemnification - The undersigned hereby waves all claims and demands against the representatives and each of them for any loss damage injury (including death) or claim of any kind arising from related to or caused by participation by the undersigned in the activity and agrees to indemnify defend and hold harmless the representative from all loss liability costs and expenses (including actual attorney fees) arising from or related to same.

This release and waiver has been carefully read by the undersigned and demands against the representatives and the contents of this document are understood by the undersigned. This release and waiver shall be in effect for all swim activities in which I or my dependant participates in throughout the entire calendar year. The undersigned freely executes this document.

In witness whereof, the undersigned has executed this release and waiver on the date shown below.

Signature of applicant or Parent Legal Guardian: _____ Date: _____

Name - (Please Print): _____