

FREDERICKSBURG POOL 2022 Swim Lessons

IMPORTANT CHANGES - PLEASE NOTE

Due to a shortage in lifeguards, class sizes will be strictly limited to ensure quality. But, we will offer more classes including ***evening classes***!! We will not be able to offer many private lessons, so please sign your child up for a class this summer.

SIGN UP FOR MULTIPLE SESSIONS: Feel free to sign up your child for more than one session. Children can make great progress by taking more than one session. Many take advantage of this option.

SET A GOAL TO COMPLETE ALL **6** LEVELS: We will be creating something to hang in the pool house for years to come which acknowledges those who complete all 6 Levels of the Red Cross Courses! This is a great accomplishment, and we want to give credit where it's due! We hope you continue to send your children through ALL 6 Levels. We have excellent Red Cross certified instructors and plan to maintain this level of skill in the future. Swimming can become a source of recreation and relaxation for a lifetime with proper instruction and encouragement.

CONSIDER THE SUMNER AREA SWIM TEAM: Swimmers may also want to consider joining the Sumner Area Swim Team, which is an excellent avenue to becoming a great swimmer and having a ton of fun. Most of our lifeguards have been on the Sumner Area Swim Team at one time or another and benefited greatly. We will need lifeguards in the future, and completing all the Levels and joining the Swim Team will help tremendously! Contact the City of Sumner with any questions.

PRIVATE LESSONS: Contact the lifeguard of your choice and arrange a time. Lifeguard is required to involve the manager in scheduling and payment. Cost is $60 for 1 swimmer or $80 for 2 siblings (but only one teacher; best if levels are close), prepaid to the City of Fredericksburg, and typically includes 4-8 classes and 4 hours of instruction, depending upon your goals. Please call Pool Manager, Erica Harris with any questions. 319-939-6362. Again, we recommend public lessons this summer over private lessons.

Class	Age	Description of Levels
Parent and Child Aquatics (P&C Aq)	6 months to 3 years	Level 1: With a parent, this course emphasizes fun in the water; guided practice sessions help kids get ready to swim; bubble blowing and playing with water toys Level 2: Parents work with their children to practice floating, kicking and swimming back to the side
Preschool Aquatics (PK Aq)	4 to 5 years	Level 1: Helps children become comfortable in the water and basic water safety Level 2: Introduces fundamental skills such as kicking Level 3: Focuses on coordinating arm and leg movements
Learn to Swim (LTS)	At least 6 years old	Each level includes training in basic water safety, helping others in an emergency, and stroke development. Students progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Level 1: Intro to Water Skills Level 2: Fundamental Aquatic Skills Level 3: Stroke Development Level 4: Stroke Improvement Level 5: Stroke Refinement Level 6: Swimming and Skill Proficiency



Class sizes will be limited to **6** in order to offer a quality class, so sign up early!

Also, we need at least **4** participants per class to be able to hold the class.

We highly recommend goggles for swim lessons.

Session 1 - June 13-20 (21st make-up)
Levels 1-6 11:15-12:00 PM (6 45-min lessons) $35
Preschool 12:00-12:30 PM (6 30-min lessons) $20
Parent & Child 5:30-6:00 PM (4 30-min lessons - June 13-16 only with make-up on the 20th) $10

Session 2 – June 27-30 (July 5th make-up)
Levels 1-6 5:00-6:00 PM (4 1-hour lessons) $35

Session 3 – July 11-14 (18th make-up)
Levels 1-6 10:30-11:30 AM (4 1-hour lessons) $35
Preschool 11:30-12:15 PM (4 45-min lessons) $20

Session 4 – July 25-Aug 1 (2nd make-up)
Parent & Child 5:00-5:30 PM (4 30-min lessons - July 25-28 only with make-up on Aug. 2nd) $10
Levels 1-6 11:15-12:00 (6 45-minute lessons) $35
Preschool 12:00-12:30 PM (6 30-min lessons) $20

PERMISSION, RELEASE, AND EMERGENCY TREATMENT FORM

As a parent and/or guardian of the minor children listed below, I hereby grant permission for my child to participate in open swim, swimming lessons and any other activity sponsored by the City of Fredericksburg.

By granting permission I hereby acknowledge the risk of injury, which could lead to permanent disability, or even death, is inherent in any athletic activity. Furthermore, I understand that the possibility of a catastrophic injury does exist even though proper rules and techniques of any athletic activity are followed to the fullest.

I hereby assume such risks of injury on behalf of my children and myself and will not hold the City of Fredericksburg, its employees, or volunteers responsible for accidents taking place during swimming, games or activities sponsored by the City of Fredericksburg.

I hereby authorize treatment by a qualified and licensed medical doctor in the event of a medical emergency which, in the opinion of the attending physician, may endanger his/her life, cause disfigurement, physical impairment, or undue discomfort if delayed. This authority is granted only after a reasonable effort has been made to reach me. Furthermore, I accept all financial responsibilities for necessary treatment and services.

By enrolling/registering my child in a City of Fredericksburg program, I am consenting to the use or production of my child's likeness, name, artwork, design or creation on any promotional materials, schedules, rosters or other printed or electronic media, including dissemination by electronic means.

First Last Age Birth Date Level Session Time

Child 1 _____

Child 2 _____

Child 3 _____

Name of Parents/Guardians _____

Address _____ City _____ State ____ Zip _____

Home Phone _____ Email _____

Work Phone (Mother) _____ Work Phone (Father) _____

Cell Phone (Mother) _____ Cell Phone (Father) _____

Family Physician _____ Phone _____

Please list other persons and cell phone numbers to be called for emergencies if above are unavailable:

Name _____ Cell Phone _____

Name _____ Cell Phone _____

PAYMENT INFO

AMOUNT PAID

CASH OR CHECK

DATE PAID:

Please list each child's medical allergies, chronic illness or other medical conditions the staff should know about:

_____

I acknowledge that my contact information will be kept on file at the pool in case I need to be contacted. All information will be kept confidential and used only by the managers and head lifeguards when necessary.

Parent Signature _____ Date _____

******SWIM LESSON CANCELLATIONS WILL BE POSTED ON THE POOL FREDERICKSBURG Facebook Page. If you CANNOT access Facebook and need to be contacted a DIFFERENT way, please list your contact info here:**