



SUMMER 2018 Town of Oak Creek & OTHS/Summer Camp Swim Lesson Registration

Dear Parents,

Old Town Hot Springs is partnering with the Town of Oak Creek to provide a special Swim Lesson during Summer Camp. These lessons will run June 4th – 14th, Monday through Thursday and are only available to kids enrolled in the Town of Oak Creek Summer Camp Program. Camp staff will provide transportation on swim lesson days to kids enrolled in our Summer Camp program. Children will be in or traveling to Steamboat from 10 a.m. to 2:30 p.m. It is the parent’s responsibility to transport kids to lessons on days they are not enrolled in the Summer Camp Program.

We will be offering lessons for American Red Cross Learn-to-Swim levels 1-5. Descriptions of each class level are listed on back. For more information regarding lessons, please contact Jessica Aldighieri at 970-879-1828 x 313. Please complete this form with payment to the Town of Oak Creek and **return to the Town of Oak Creek office** by May 23rd.

Thank you,

Jessica Aldighieri
Old Town Hot Springs
Swim Lesson Coordinator

Johanna Farley
Town of Oak Creek
Recreation Program Coordinator

PARENT/GUARDIAN NAME(S)	PHONE: HOME	WORK	CELL
_____	_____	_____	_____
MAILING ADDRESS: _____			
EMAIL ADDRESS: _____ (for confirmation purposes)			
MEDICAL CONDITIONS: _____			

CHILD’S NAME	AGE	PROGRESSION LEVEL

No. of Participants	Price	Total
	Level 1-5 (45 min.) \$55	\$

PLEASE MAKE CHECKS PAYABLE TO TOWN OF OAK CREEK

PLEASE SIGN THIS WAIVER

I, _____, waive all liability to Old Town Hot Springs and any personnel employed by them, for any injuries incurred by my children, due to the children’s behavior during routine swimming lessons.

Signature: _____ Date: _____



American Red Cross Learn-to-Swim Program

Summer 2017 Swim Lessons Course Descriptions – Parks & Rec

LEARN TO SWIM COURSES

- All Learn-to-Swim Levels 1-5 are progressive by **ability**, not age.
- Participants must be able to demonstrate competency in **all skills in the previous level** to enroll in the next level.
- Children who participated in any swim lesson session at Old Town Hot Springs in 2016 will be placed according to their report card.
- All classes are 45 minutes.

Level 1 – Introduction to Water: There are no prerequisites for this course. The objective of Level 1 is to help students feel comfortable and enjoy the water safely.

Level 2 – Fundamental Aquatic Skills: Participants learn to float on front and back without support and recover to a vertical position. They explore simultaneous arm and leg actions on the front and back, complete front and back glides, and begin to tread water.

Level 3 – Stroke Development: Skills covered in Level 3 are rotary breathing, treading water for one minute, front crawl, dolphin kick, flutter kick, breaststroke kick, side stroke kick, and elementary backstroke.

Level 4 – Stroke Improvement: All six strokes are covered in Level 4: front crawl, breaststroke, butterfly, elementary backstroke, back crawl, and sidestroke. Additional skills covered are open turns on front and back, beginning fundamentals of diving, and treading water for two minutes.

Level 5 – Stroke Refinement: The objective of Level 5 is to refine all strokes and increase distances. All six strokes should be performed for 50 yards without interruption. All types of dives and front and back flip turns are also introduced. Treading water is done for five minutes.

PLEASE BE AWARE:

- Refunds will not be given for missed lessons, weather conditions, scheduling conflicts, etc.
- On days that your child is NOT enrolled in the Summer Camp Program, it is your responsibility to get your children to and from swim lessons and to provide supervision before and after lessons.
- Parents bringing their children to lessons are expected to remain on site at the Old Town Hot Springs. Summer Camp Program staff will only be in charge of children enrolled in that day's daily session.
- Due to the limited amount of space in the pool, once the classes are full there will be no more students admitted.
- Classes will meet on the upper deck on the first day of class. Be sure to bring shoes. **THE DECK CAN BE HOT!!**
- Don't forget the swimsuit, towel, sunscreen and goggles.