



## 2026 Swimming Lessons Reservation

**Metamora Park District is pleased to present an updated swim lesson structure this year to ensure we are doing the best job possible for our swimmers. Our goal is to teach children how to be safe around a pool and how to have fun while swimming. Each class will build upon mastering the skills from the previous class.**

**Among the adjustments to our program and titles, we have lengthened our classes and reduced the number of days to improve consistency and give our instructors more time in the pool with the swimmers. Our swimming program is not based on age, but rather skill level. Each level will build on the previous one, and they will receive a graduate certificate to move on to the next level. Our Pre-Beginners class is for 3- to 4-year-olds and lasts 30 minutes. They will be taught the skills to introduce them to the Beginner 1 level. You must be 5 years old or older to start Beginner 1. If you have any questions, feel free to reach out to the Park District Office. We will be happy to help place your child in the correct class.**

### **New Levels:**

**Pre Beginner 3-4y:** Introduce basic water skills and water safety

(Children must be 3 years of age or older & potty trained to register for swimming levels)

**Beginner 1:** (5y and up) Introduce basic water skills front/back float w/kick, jumping, comfortable underwater, and water safety

**Beginner 2:** Improve front/back float w/rolling over and swimming underwater;

**Introduce:** armstroke, finning on the back, jumping in deep water, diving, and water safety

**Advance Beginner:** Build on front/back float, rolling over, and armstroke w/ distance.

**Introduce:** elementary backstroke, breaststroke, treading, and diving, along with water safety.

**Swimmers:** Polish armstroke, elementary backstroke, breaststroke, treading, and diving.

**Introduce** Backstroke, sidestroke, diving, and underwater swimming, along with water safety.

### **New Times**

Metamora Pool has adjusted their swim lesson time slots. Instead of 8 half-hour lessons, we are now offering 4 one-hour lessons during the week. One week is a session. Each session will consist of four 1-hour classes. Fridays will be used as make-up days for that week if lessons need to be cancelled due to the pool or inclement weather. We cannot make up if you need to cancel. You may sign up for more than one session.



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(Children must be 3 years of age or older & potty trained to register for swimming levels.)

**\*Pre- Beginner 3y - 4y:** Introduce basic water skills and water safety

**\*Beginner 1:** (5y and up) Introduce basic water skills front/back float w/kick, jumping, comfortable underwater, and water safety

**\*Beginner 2:** Improve front/back float w/rolling over and swimming underwater;  
**Introduce** armstroke, back-finning, jumping in deep water, diving, and water safety.

**\*Advance Beginner:** Build on front/back float, rolling over, and armstroke w/distance.  
**Introduce** elementary backstroke, breaststroke, treading, and diving, along with water safety

**\*Swimmers:** Polish armstroke, elementary backstroke, breaststroke, treading, and diving.  
**Introduce** Backstroke, sidestroke, diving, and underwater swimming, along with water safety.

### INDIVIDUAL LESSONS ARE AVAILABLE UPON REQUEST

Child/Children's Name:

1. _____	Level: _____	Age: _____
2. _____	Level: _____	Age: _____
3. _____	Level: _____	Age: _____
4. _____	Level: _____	Age: _____

Does your child(ren) have any special conditions that the instructor should be aware of? Yes or No. If yes, explain:

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\*Please put the number corresponding to the child's name on the line with the time and date you wish to attend.

Weeks of:	Times:	10:00-10:55 am	11:00-11:55 am	12:00-12:30 pm (3y to 4y Old)	6:10 – 7:00 pm
June 1-4		_____	_____	_____	
June 8-11		_____	_____	_____	
June 15-18		_____	_____	_____	
June 22-25		_____	_____	_____	
June 29-July 2		_____	_____	_____	
July 6-9		_____	_____	_____	
July 13-16					_____
July 20-23					_____



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### EMERGENCY CONTACT INFORMATION:

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Email: \_\_\_\_\_

### TOTAL AMOUNT DUE:

# children X # sessions \$60.00 (per session) IN DISTRICT- (If you live in the village of Metamora and pay Metamora Park District taxes)

# children X # sessions \$75.00 per session) OUT OF DISTRICT

Payment in full to reserve a spot.

Total Amount Due \$ # of children \_\_\_\_\_ X # of sessions \_\_\_\_\_ = amount due\$ \_\_\_\_\_

**FRIDAYS WILL BE MAKE-UP DAYS IF WE CANCEL FOR ANY REASON. WE  
SHOULD CANCEL DUE TO POOL OR WEATHER.**

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Office Use Only:

Cash/Check # \_\_\_\_\_ Date: \_\_\_\_\_ Waiver: \_\_\_\_\_ Processed By \_\_\_\_\_

Manager Approved: \_\_\_\_\_ Date: \_\_\_\_\_



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\* You must also complete the Liability Waiver Form before your first swimming lesson.

### WAIVER AND RELEASE FORM

I (print name) \_\_\_\_\_, hereby waive and release all claims for injuries sustained by me and/or my child, \_\_\_\_\_ arising out of all programs, activities, facilities, and events associated or connected with METAMORA PARK DISTRICT. I recognize that such programs, activities, facilities, and events involve inherent risks that may result in injury, death, damage, or loss, and I understand that if I refuse to sign this form, the Park District will not allow my participation or that of my child. I also understand that by participating in such programs, activities, facilities, and events, I expressly assume the risk for any injury, death, damage, or loss which I and/or my child may sustain as a result of such participation. I further release and discharge the Park District, its officers, agents, servants, employees, and volunteers from any claims that my child or I may have or which may accrue to my child or me as a result of such participation. I further agree to indemnify and hold harmless and defend the Park District and its officers, agents, servants, employees, and volunteers from any claims that my child or I may have or which may accrue to my child or me as a result of such participation.

I (print name) \_\_\_\_\_, am solely responsible for determining whether my child or I am physically fit and/or skilled for participation in METAMORA PARK DISTRICT activities or programs. I am aware that I and/or my child should consult a physician before undertaking any activity associated or connected with the Park District's programs, activities, facilities, and events. I further represent that I have adequate medical insurance coverage for my child and me, and, in the event of an accident or illness, I hereby consent to emergency medical care provided by ambulance or hospital personnel for my child and/or me.

Having been given sufficient time to read and review the above acknowledgements, understandings, and agreements, I hereby voluntarily choose to participate in the Activity.

I voluntarily agree to assume all risks, known and unknown, and accept sole responsibility for any injury to myself or others with whom I may come into contact, including, but not limited to personal injury, disability, death, illness, damage, loss, claim, liability, or expense, of any kind, that I or others who I may come into contact with may experience or incur in connection with my participation in the Activity. On my behalf, my heirs, and my legal representatives, I hereby release, covenant not to sue, discharge, and hold harmless Metamora Park District, its successors, assigns, employees, Board members, officers, officials, administrators, agents, and volunteers from any claims, causes of action, suits, expenses, debts, accounts, controversies, damages, claims and demands arising out of my participation in the Activity.

I hereby acknowledge that I have read this Waiver, Release, and Assumption of the Risk, understand it, and have voluntarily signed it below.

Signed this day of \_\_\_\_\_, 202\_\_\_\_\_.

### PHOTO/VIDEO AUTHORIZATION

I (print name) \_\_\_\_\_ parent or official guardian of (child's name) \_\_\_\_\_, hereby authorize and give consent to METAMORA PARK DISTRICT and its officers, agents, servants, employees and volunteers to take and use photographs video and/or digital images of me and my child during participation in the Park District's programs, activities, facilities or events such pictures, video or digital images of my child and/or me are the exclusive property of METAMORA PARK DISTRICT and I authorize the use of these images without compensation to me.

By: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for choosing Metamora Pool for your child's swim lessons. If you have any questions, please don't hesitate to call us at 309-367-2932.