

Stanley Rec Swimming Lessons

2024 Ray Rude Outdoor Swim Lesson Registration Form



~Enrollment is limited ~ Ages 4 and up. Fee is **\$65.00** for OUTDOOR Pool members per person
\$80.00 for non-members per person
\$150.00 for Private Lessons

Today's Date _____
 Participants Name _____ Age _____
 Parent's Name _____
 Address _____ City _____ State _____
 Home Phone Number _____ Cell _____
 E-mail Address _____
 Emergency Contact: _____ (other the parent/guardian)
 Physical Restrictions/Allergies _____

SELECT WHICH LEVEL to be ENTERED INTO (**PICK ONE**) (Explanations on the back-*this may be subject to change*)

Only these levels will be available in the Outdoor pool **LEVEL 4** **LEVEL 5** **LEVEL 6**

if you want lower level- private lessons is your option **PRIVATE LESSONS**

Classes are from **5:00-5:45pm (SUBJECT TO CHANGE)**

Sunday, Monday, Tuesday, Wednesday and Thursday

for levels 4, 5, and 6 at the OUTDOOR POOL

CLASS SESSIONS will run for 2 weeks. This will be on a FIRST COME, FIRST SERVE Basis. (**CIRCLE ONE**)

SESSION 1 -- June 16th - 27th

SESSION 2 -- July 7th - 18th

PRIVATE LESSONS ARE ALSO AVAILABLE

for \$150 per child for PRIVATE LESSONS

Release of Liability and Medical Treatment Consent

In consideration of Stanley outdoor Swimming Pool and Stanley Park District, who provide facilities for this program, I hereby release and hold harmless and agree to indemnify Stanley outdoor Swimming Pool, their employees, agents and representatives from any and all claims, costs, damages, and liabilities for injuries or property damage sustained or caused by me or my ware while participating in any program offered by the Stanley Outdoor swimming pool and Stanley Park District. I understand the fees do not include accident or personal property insurance. I further represent that I am, or my child or ward is, physically capable of participating in the program based upon consultation with my, or my child's/ward's, personal physician. Further, In the event of any injury, I hereby give my permission and consent and authorize emergency first aid and/or medical and/or hospital care or treatment for my child/ward if deemed necessary by qualified medical or emergency personnel or by said employees, agents or representatives of Stanley Park District or Stanley Outdoor Swimming Pool, and further agree to assume all expenses for said treatment.

Parent Signature

Date

Stanley Rec Director Signature

Date

PAYMENT METHOD: Cash Check # Venmo PayPal Credit Card
 Make payable to Stanley Park District- Swimming Lessons Exp: / Code Zip
 ~In the memo, please list who you are paying for~ **MAIL TO BOX 901 STANLEY 58784**

SKILL LEVELS

LEVEL 1-

If they haven't had swimming lessons before.

LEVEL 2- if they can't do these, Pick LEVEL 1

- Enter unassisted, move for 5 yards, bob head 5 times to chin level and safely exit the water
- Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds

LEVEL 3- If they can't do these, Pick LEVEL 2

- Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to standing position
- Push off and swim using a combination of arm & leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

LEVEL 4- if they can't do these, Pick LEVEL 3

- Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), and maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

LEVEL 5- If they can't do these, Pick LEVEL 4

- Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back for 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
- Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

LEVEL 6- If they can't do these, Pick LEVEL 5

- Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
- Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

LEVEL 6 will accomplish all of the above plus you will have to know these before passing all 6 levels.

- Swim 500 yards continuously using the strokes in the following order: Front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- Swim 20 yards using front crawl or breaststroke to a depth of 7 to 10 feet, retrieve a 10 pound object, return to the surface and swim 20 yards on the back or side to the starting point with the object (student must hold object with both hands and keep his or her face out of the water).

** Please indicate on the front of the application your preferred session. We will make every effort to place your child according to your preference, however, we cannot guarantee preferred placement.

** Your child's instructor will contact you with your class time and date. If you have any specific questions for them, please feel free to discuss those at any time.

For more information, please call 701.629.8990

stanleyrecdirector@gmail.com

****Private Lessons also available****

Swimming Pool



MAIL FORMS and PAYMENT TO: Box 901 Stanley, ND 58784

PHYSICAL ADDRESS: 536- 1st St SE Stanley ND

(701) 628-2771/ 701.629-8990

