

2024 CALAIS SWIM PROGRAM AT CURTIS POND

Session I: July 22nd-26th; classes scheduled between 1:00 PM- 5:30 PM (**NOTICE THE TIME DIFFERENCE**)

Session II: July 29th-Aug 2nd; classes scheduled between 10:30 AM-3:00 PM

Session III: Aug 5th-9th; classes scheduled between 10:30 AM-3:00 PM

Session IV: Aug 12th-16th; classes scheduled between 10:30 AM-3:00 PM

Contact People: Adrian Wade-Keeney (802) 751-9046 wadeac@gmail.com

Tracy Coolidge (603) 724-0720 trcoolidge12@gmail.com

REGISTRATION DUE BY JULY 1st

PLEASE RETURN TO:

CES Office (ATTN: SWIM) OR MAIL TO: Adrian Wade-Keeney; 97 Kent Hill Road, Calais, VT 05648

This summer we will have two Swim Instructors, both of whom will be American Red Cross certified lifeguards and ARC-certified Water Safety Instructors. Classes will be filled on a first come, first serve basis with priority given to Calais residents. Class size is limited to not more than 8 kids, to ensure general water safety and quality of instruction. Our Swim instructors will be available for private lessons upon request. **Parents MUST accompany their child(ren) during swim lessons for safety.**

Please fill out one registration/waiver (page 1 & page 3) form for each child and return along with a payment of \$20.00 per person, per session (\$25 non-residents) to the CES office or to Adrian Wade-Keeney (see address above) by **FRIDAY, JUNE 28th**. Please make checks payable to "Town of Calais" (**ATTN Swim Program in MEMO**) . **To register, payment MUST be included.** Scholarships are available upon request. Class schedules will be emailed to you by Wednesday, June 22nd.

This registration form can be found digitally [here](#).

If your child has previously taken swim lessons with the Calais swim program before and don't remember your child's level, just indicate with a '?' on the registration form and we can consult our records from the previous season. If you have not taken swim lessons before and are unsure of the right level please consult the list of skills required by each level on the following page. If we have enough interest, we may offer an advanced skills class for people who have passed level 6.

NOTE: Classes will not be canceled unless there is a thunderstorm or heavy, continual rain. If classes are canceled, you will receive an email 30 minutes prior to the lesson. We regret any inconvenience.

Calais Swimming Program Registration

Please check: Session I _____ Session II _____ Session III _____ Session IV _____ Session V _____ Session VI _____

Childs Name _____ Age _____ Grade _____

Parent Name(s) _____

Mailing Address _____ Town _____ Zip _____

Email Adress _____ Phone(s) _____

Swimming classification (circle):

Level: 1 (w/parent) 2 3 4 5 6 >6

GUIDE TO SWIM LEVELS

Courtesy of the American Red Cross

(Note that swimmers can sometimes benefit from more than one year at the same level)

Level 1: Introduction to Water Skills (3 and up)

- For the beginner who is comfortable in the water.
- Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Level 2: Fundamental Aquatic Skills (4 and up)

- Swimmers should already be able to float on front and back and put their head under water.
- Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3: Stroke Development (5-6 and up)

- Swimmers should already be comfortable swimming front stroke and swimming on their back.
- Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Level 4: Stroke Improvement (7-8 and up)

- Swimmers should already be able to: swim front and back crawl 25 yards.
- Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

Level 5: Stroke Refinement (9-10 and up)

- Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive.
- Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

Level 6: Swimming & Skill Proficiency (11+)

- Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive.
- Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue. Please note: Not all pools are deep enough to teach all of the diving segments of all levels – program modifications may be required to meet safety guidelines.

CALAIS SWIM PROGRAM - Summer 2024

ACKNOWLEDGMENT OF RISK, WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

As parent/legal guardian of _____ (child's full name), I hereby consent to the above-named person participating in the programs offered by the Calais Swim Program, Summer '24.

I am aware that swimming is an activity with inherent risk of physical injury including death. While the risks can be reduced, they can never be totally eliminated. I understand and accept that risk.

I hereby forever release the Calais Swim Program, its board, teachers, assistants, the Town of Calais, Calais School District and the Vermont Land Trust from all liability for any and all damage including property damage, personal injuries or death suffered by my child while under instruction, supervision or control of any Calais Swim Program affiliate.

As parent/legal guardian, I take financial responsibility for possible future medical expenses, which may be incurred by my child as a result of any injury sustained while participating in activities under the direction of the Calais Swim Program. I further agree to indemnify the Calais Swim Program and its affiliates for any and all claims arising from my child's participation.

This acknowledgement of risk, waiver of liability and indemnity agreement, having been read thoroughly and understood completely, is signed voluntarily as to content and intent. By signing this document, I am giving up legal rights and remedies, which may be available to my child or me.

Signature Parent/legal guardian _____ Date _____

Instructor use:

Class: _____ Date passed: _____

Classification for next year: _____

Waiver of liability