



## BETHLEHEM RECREATION DEPARTMENT

### Bethlehem Town Pool 2023 Red Cross Swim Lessons

Mon., Tues, Wed. (Rain date: Thus.)

#### Afternoons:

11:30 – 12:30 pm Swim Team, Sharks  
 Noon – 12:30 pm Parent/ Child Aquatics  
 12:30 - 1:00 pm Starfish  
 1:00 – 1:30 pm Minnows, Dolphins  
 1:30 – 2:00 pm Trouts

Mon. & Wed. (Rain date: Tues.)

#### Evenings:

4:30 - 5:00 pm Tadpoles  
 5:00 - 5:30 pm Guppies  
 5:30 -6:00 pm Starfish

<p><b>Tadpoles &amp; Parents</b> - Ages 1 -3 yrs</p> <p>Tadpoles and Parents learn to acclimate to the pool in a social, fun environment. Tadpoles learn water entry/exit and develop elementary skills such as blowing bubbles, kicking, and floating. Parents learn basic water safety skills and proper holding techniques</p> <p>SWIM DIAPERS ARE REQUIRED (for any child who is not yet potty trained)</p>	<p><b>Guppies &amp; Parents</b>- Age 3-5 (Walkers)</p> <p>Guppies’ skill set is similar to the Tadpoles class, but is customized for the increased coordination and dexterity of older toddlers. Guppies will also begin to work on submerging their heads. Parents learn water safety skills and proper holding techniques to facilitate skill development.</p>	<p><b>Starfish</b> Ages 4 - 5 (Independent Preschoolers)        Beginner Skills: ARC Preschool Level 1-2</p> <p>Starfish begin to submerge; they learn front and back floating, kicking, jumping and retrieving objects in shallow water. <b>(Starfish are comfortable in the pool and are in the water without parents. They are able to follow directions and sit on their own. If your child does not fit this description, please join the Guppies/Parents class.)</b></p>
<p><b>Minnows</b>        Beginner Skills:        ARC Preschool Level 3, Learn to Swim Level 1</p> <p>Minnows learn to comfortably submerge, float and move forward in the water; they are learning front and back glides and kicks, front to back rollovers, jumping and retrieving objects</p>	<p><b>Trout</b>        Beginner Skills:        ARC Learn to Swim Level 2</p> <p>Trouts are introduced to freestyle arm and leg movements, rhythmic breathing, backstroke, elementary backstroke and treading. They will advance to swimming in deep water.</p> <p>Trouts must be able to comfortably jump into water over their heads and back float for 10 s.</p>	<p><b>Dolphin</b>        Intermediate skills: Learn to Swim Level 3</p> <p>Dolphins build upon skills from Trout level; rotary breathing, front crawl, backstroke, elementary backstroke treading. They also begin diving, scissor kick, and dolphin kick.</p> <p>Swimmers need to be able to swim with their face in the water for 5 yards and swim on their back for 15 yards without support</p>
<p><b>Shark</b>        Intermediate skills: Learn to Swim Level 4</p> <p>Sharks already can dive, swim front crawl, backstroke, elementary backstroke, back float and tread water. Sharks learn full stroke butterfly stroke, side stroke, open turns on back.</p> <p><b>Continue on Back</b></p>	<p><b>Swim Team</b> <span style="float: right;"><b>\$80 for 5 weeks Mon, Tues, Wed, Thurs</b></span></p> <p>Swim team is for swimmers who want to learn about swimming as a sport. Each practice will consist of a warm up period, stroke techniques focus through drills, and a cardiovascular set to improve the kids overall swimming fitness. There will also be practice time to work on starts and turns to help the kids achieve greater fluidity in their swimming, swim more continuously, and practice race skills. Practices will start with dry land exercises, flexibility assessments and stretches, and stroke technique education. Practices will end with a fun relay, diving, or game.</p> <p>Swimmers need to comfortably swim one length of front crawl/ freestyle, one length of backstroke, and tread water or float for 30 seconds.</p> <p>-Intermediate swimmers (ARC Learn to Swim Level 4) will improve their front crawl and backstroke. They will begin to learn breaststroke, butterfly, flip turns, starts, and dives.</p> <p>-Advanced swimmers (ARC Learn to Swim Level 5, 6) will improve on all competitive strokes along with the appropriate starts, turns, and finishes (front crawl, backstroke, breaststroke, and butterfly). Advanced swimmers will increase their endurance.</p>	

**Private lessons** are available for swimmers who need 1:1 attention, group swim lesson times do not work for their schedule, fearful of water, etc...  
 Email for more information [bethlehemtownpool@gmail.com](mailto:bethlehemtownpool@gmail.com)

**2023 Swim Lesson**

**PARTICIPANT INFORMATION**

PARTICIPANTS NAME \_\_\_\_\_ GRADE COMPLETED \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_ ADDRESS \_\_\_\_\_ - \_\_\_\_\_

ANY MEDICAL CONDITIONS WE SHOULD BE AWARE OF? Allergies? Asthma? Seizures? Diabetes? Other?

Identify any Behavior/ Learning concerns and how to handle them. \_\_\_\_\_

Please check which level your participant will be

Parent & Child 9 - 18 months Tadpoles \_\_\_\_\_ Parent & walkers Guppies \_\_\_\_\_ Independent preschooler Starfish \_\_\_\_\_  
Level 1 Minnow \_\_\_\_\_ Level 2 Trout \_\_\_\_\_ Level 3 Dolphin \_\_\_\_\_ Level 4 Shark \_\_\_\_\_

Please CIRCLE which session(s) and time of day your swimmer will be attending:

Session 1 July 3 - July 12 Day Time Evening (No class July 4th, make-up July 6)  
Session 2 July 17 - July 26 Day Time Evening  
Session 3 July 31 - Aug 9 Day Time Evening

30 mins per lesson Afternoon classes M, T, W (rain date- TH) Evening classes M & W (rain date- T)  
\$ 50 per session FREE for Bethlehem Recreation campers, during the week(s) they attend camp.

**PARENT/GUARDIAN INFORMATION**

PARENT/GUARDIAN (NAME) \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

PARENT/GUARDIAN (NAME) \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION** (Contact person other than a parent, who can be reached during lesson)

PARENT/GUARDIAN (NAME) \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

PHONE \_\_\_\_\_

**RELEASE CAUSE**

I, the undersigned, as the parent or legal guardian of the child listed on this application agree and understand that swimming is a hazardous activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to paralyzing injuries and death. The undersigned hereby releases and holds harmless the Town of Bethlehem, it's Council and any officers, employees or agents thereof from any and all claims, liabilities or demands whatsoever arising or claimed to have arisen out of the enrollment or participation in any program by the participant herein. The Bethlehem Town Pool assumes no responsibility for any personal property placed in or about the facility. The parent/guardian authorizes any representative of the Bethlehem Public Pool to have the participant treated in any medical emergency during their participation in the Bethlehem Town Pool swim lessons or programs. Further, the participant and/or parent/guardian agrees to pay all costs associated with medical care and transportation for the participant.

I also understand that photos are occasionally taken at the Bethlehem Town Pool and that any photo taken of my child may be used for publicity purposes. **If you do not wish** for the Bethlehem Town Pool to use photos of your child for publicity purposes, please initial here \_\_\_\_\_.

X \_\_\_\_\_  
SIGNATURE OF RESPONSIBLE PARTY RELATIONSHIP DATE

**FOR OFFICE USE ONLY**

PERSON PAYING: \_\_\_\_\_ PHONE: \_\_\_\_\_  
(IF PERSON IS DIFFERENT THAN THE CONTACT PERSONS)

PAYMENT TYPE CHECK # \_\_\_\_\_ CASH TOTAL AMOUNT \_\_\_\_\_ Date received \_\_\_\_\_

AUTHORIZED BY \_\_\_\_\_