

PITTSFORD RECREATION DEPARTMENT SWIM PROGRAM 2016

PITTSFORD RECREATION IMPORTANT INFORMATION

Program Fees: Fees from programs go toward the recreation department programs. In some cases, fees are used to compensate the instructor's time and experience. Fees are also used to buy new equipment, maintain fields and facilities.

Refund Policy: Because the decision to maintain classes and programs is based on the enrollment at the first class, no refunds are guaranteed after the first session. Participants assume the risk of changes in personal affairs or health.

Refunds will be granted only in the following cases:

1. A program is canceled by the Recreation Department.
2. If you withdraw in WRITING before a program begins. An administrative fee of at least \$5.00, but no more than 15% of the program.

The Pittsford Recreation Department reserves the right to cancel any program if enrollment is insufficient and does not meet the required minimum. In such cases, refunds will be made in full.

Class cancellations due to inclement weather will not be made up unless otherwise stated.

REGISTRATION: Please register early. If a class does not have a sufficient number of participants registered prior to the beginning of the activity, the class may be canceled.

Complete the Registration Form! Be sure all information is correct and the program name is included.

HOW TO REGISTER

Mail-In's: Mail in your registration and payment to:
Recreation Department
P.O. Box 10, 426 Plains Road
Pittsford, Vermont 05763-0010

Please make checks out to the Town of Pittsford.

Walk In's: Come in to the Town Office with your registration form and payment.

NO PHONE REGISTRATIONS WILL BE ACCEPTED.

SWIM CLASSES FOR SUMMER 2016

Instructor: This summer's swimming lessons will be taught by Michaela Newell of Pittsford and lifeguards at the Recreation Area. Michaela earned her Water Safety Instructor (WSI) certification in 2016 through The Edge Sports & Fitness. She is looking forward to meeting all the students and helping them to develop the best swimming skills.

Class Times: Swim lessons will be offered from 10:30 am to 3:30 pm. The swimming area will be open to all outside swimmers while lessons are in progress.

Dates for Sessions: As usual the Recreation Dept. will offer three swimming sessions.

Session 1 ~ Monday, June 27 – Fri., July 8

Session 2 ~ Monday, July 18 – Friday, July 29

Session 3 ~ Monday, August 1 – Friday, August 12

Please be sure to sign up by the deadlines so that we can get you into the class you prefer.

Signing up for classes: Please indicate what level your child is at with his/her swimming ability. If you're unsure refer to the attached page that helps explain the different levels. Also please mark which 25 minute class you would prefer. **We can not guarantee that you will be given your first choice.*

Swim Lesson Fees:

Resident	\$10 first child \$5 each additional
Non-Resident	\$20 first child \$10 each additional

SEASON PASSES ARE NOW AVAILABLE

Resident	\$35
Non-Resident	\$55

(Available at the Town Clerks Office)

PITTSFORD RECREATION SWIM AREA IS OPEN
DAILY TBA 10 am-8 pm.

Daily Swimming Fees: (per person)

Resident	\$2
Non-Resident	\$3
Senior Citizen	Free (62 and older)

IF THERE ARE QUESTIONS PLEASE CALL
THE REC. DEPT. AT 483-6500 ext.17.

PITTSFORD RECREATION DEPARTMENT
2016 SWIM PROGRAM

Please complete this form and return it to the Pittsford Rec. Dept. at the Municipal Offices or mail it to PITTSFORD RECREATION DEPARTMENT, P.O. BOX 10, PITTSFORD, VT 05763. If you have questions about any recreation program please contact the Recreation Director, Randy Adams at 483-6500 ext.17 or Recreation@pittsfordvermont.com

Swim classes will run for three 2-week sessions, Monday through Friday for 25 minutes each day. The fee for lessons are; RESIDENT-\$10 for first child and \$5 for each additional child. NON-RESIDENT-\$20 for first child and \$10 for each additional child. Please make all checks payable to the TOWN OF PITTSFORD.

Appropriate ages and skill levels are extremely important to ensure that your child is placed in the appropriate class. If you are unsure of your child's level please see the back page or call the RECREATION DEPARTMENT at 483-6500 ext.17.

DATES (Please check which session you would like to register for.)

- Session 1 Monday, June 27- Friday, July 9
 Session 2 Monday, July 18 – Friday, July 29
 Session 3 Monday, August 1 – Friday, August 12

CLASS TIME (Please indicate your first, second and third choice.)

- | | | |
|---|---|---------------------------------------|
| <input type="checkbox"/> 10:30-10:55 am | <input type="checkbox"/> 12:00-12:25 pm | <input type="checkbox"/> 2:00-2:25 pm |
| <input type="checkbox"/> 11:00-11:25 | <input type="checkbox"/> 12:30-12:55 | <input type="checkbox"/> 2:30-2:55 |
| <input type="checkbox"/> 11:30-11:55 | <input type="checkbox"/> 1:00-1:25 | <input type="checkbox"/> 3:00-3:25 |
| | <input type="checkbox"/> 1:30-1:55 | <input type="checkbox"/> 3:30-3:55 |

CLASSES

Please indicate the level of class desired.

- Level 1 ~ age 3 or older
 Level 2 ~ passed level 1
 Level 3 ~ passed level 2
 Level 4 ~ passed level 3
 Level 5 ~ passed level 4
 Level 6 ~ passed level 5

***NOTE:** Swimming lessons will be canceled from time to time due to inclement weather. If you are unsure please call the SWIM INSTRUCTORS at the Recreation Area, 483-6688 or call Randy Adams, Recreation Director, 483-6500 ext.17.

PITTSFORD RECREATION DEPT. CHILD REGISTRATION FORM



P.O. Box 10, 426 Plains Road, Pittsford, VT 05763
483-6500 ext. 17 www.pittsfordvermont.com

PLEASE PRINT AND COMPLETE ENTIRE FORM

NAME of PARENT/LEGAL GUARDIAN: _____

ADDRESS: _____ CITY: _____ STATE: _____

HOME PHONE: _____ WORK: _____ CELL: _____

EMAIL ADDRESS: _____ SHIRT SIZE: _____

EMERGENCY CONTACT: _____ PHONE: _____

ALLERGIES OR CONDITIONS WE SHOULD KNOW ABOUT?: _____

All programs are available on a first come, first serve basis. Early sign-up assures placement. With the proper fees you may bring your form into the Town Offices Mon-Wed 8 am-4:30 pm, Thur 8 am-6 pm & Fri 8 am-3 pm. You can also mail it, or drop in the After-Hours Drop Box located near the exit of Town Offices parking lot.

PROGRAM NAME	CHILD'S NAME	AGE	GRADE	GENDER	FEE
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____

~PLEASE READ CAREFULLY~

Release: I understand there are risks of physical injury in participating in sports and recreational activities. I hereby release the TOWN OF PITTSFORD, its employees, and agents from any liability or personal injury, or loss or damage to personal property which I or my child may experience in connection with activities sponsored by the Pittsford Rec. Dept. I hereby consent to the use of my child's photo or video by the Department for flyers or presentations.

I hereby consent to any medical procedures deemed advisable for my child in the event I cannot be reached and my child has sustained an injury. The dept. does not provide accident or hospitalization insurance for participants of its programs. All participants are advised to have adequate personal coverage. Please consider ones own health, experience, and tolerance for risk before participating in any Recreation program.

X

Date: _____

Signature of parent, Legal Guardian, or Participate if over 18 years old

Office use: Amt Rec'd _____ CK# _____ Date _____ Rec'd by _____

PITTSFORD RECREATION DEPARTMENT

**AMERICAN RED CROSS
SWIM CLASS DESCRIPTIONS**

Level 1- Introduction to Water Skills (ages 3 and older)

Learn to hold breath under water, float front and back, kick on front and back with help, walk in shallow end.

Level 2- Fundamental Aquatic Skills

Must have passed Level 1. Learn to swim under water, float without help, flutter kick, swim combined strokes for distance, retrieve object from shallow end.

Level 3 Stroke Development

Must have passed level 2. Deep water bobbing, learn diving, front and back crawl strokes, elementary back stroke, reverse direction without stopping, tread water for time.

Level 4 Stroke Improvement

Must have passed level 3. Deep water bobbing, rotary breathing, deep water diving, swim 4 basic strokes for distance, tread water for time with different stroke kicks.

Level 5 Stroke Refinement

Must have passed level 4. Alternate breathing, dive from board, swim basic strokes for distance, open turn both sides.

Level 6 Swimming & Skill Proficiency

Must have passed level 5. Refine strokes and turns so students swim them with more ease, efficiency, power, and smoothness over greater distances. This level is designed with “menu” options Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer. Each of these options focus on preparing students for more advanced courses, such as Water Safety Instructor, Lifeguarding, and other aquatic activities such as competitive diving or swimming.

Lifeguard Readiness

Must have passed level 6. Designed to prepare 11- to 14-year olds to take Red Cross Lifeguarding certification programs and for future work as lifeguards. Helps participants build a foundation of knowledge, attitudes and skills that they will need to be responsible lifeguards. Lessons are grouped into five main areas: prevention, fitness, response, leadership and professionalism.

