

Swim Lessons 2017

Bernardsville Municipal Pool



Session I: June 26th– July 7th

Session II: July 10th– July 21st

Please be sure to visit our website for future events:

<http://bernardsvilleboro.org>

The Bernardsville Municipal Pool is offering swim lessons for two sessions: **Session I:** June 26th– July 7th; **Session II:** July 10th– July 21st. We recommend that parents sit in an area other than the training pool during lessons.

Course Description

PARENTS PLEASE NOTE: All swimmers will be separated by instructors into Beginner 1, 2 and 3 skills classes (according to tested ability) on the first day of class. This will be your child's class for the duration of their lessons.

Swim lessons for beginners and Advanced Beginners age 4 and up– provided that the child is comfortable in the water. The object is to teach students a basic knowledge of swimming and water safety. Once each swimmer has been divided into his or her group, the instructor will teach lesson plans according to their level.

Beginner 1

Children will be taught elementary aquatic skills. This will include: learning to do a supported kick and float on their front and back, beginner stroke, be able to fully submerge face underwater for 3 seconds, and bubble blowing.

Beginner 2

Children will be taught the fundamental skills of floating, flutter kick on their front and back and beginner freestyle and backstrokes. The swimmer should be able to glide and kick with their face in the water.

Beginner 3

Children will be taught freestyle with rotary breathing, backstroke, elementary backstroke, treading water and will begin to learn how to dive.

Advanced Beginner

If your child already demonstrates that he or she has mastered all of the Beginner skills and is capable of swimming freestyle and backstroke unassisted approximately 30 feet and can swim underwater, parents should place them in our Advanced Beginner swim program. At this level, the child will be taught to increase their endurance by swimming longer distances in freestyle and both elementary and traditional backstroke. The breast stroke and turns will also be introduced.

PLEASE NOTE: Parents should only specify whether their child will participate in the Beginner program OR the Advanced Beginner program. Instructors will sub-divide them accordingly on the first day of lessons.

Session I- June 26th– July 7th

8:45am– 9:30am: Advanced Beginner group (M, W, F)

9:30am– 10:00am: Beginner groups 1, 2, 3 (Mon– Fri)

10:00am– 10:30am: Beginner groups 1, 2, 3 (Mon– Fri)

Session II- July 10th– July 21st

8:45am– 9:30am: Advanced Beginner group (M, W, F)

9:30am– 10:00am: Beginner groups 1, 2, 3 (Mon– Fri)

10:00am– 10:30am: Beginner groups 1, 2, 3 (Mon– Fri)

Fees: Members.....\$90 per session

Private Lessons

Private lessons will be offered daily Monday to Friday between 11:00am– 12:00pm and 6:00pm– 8:00pm. Call for a time slot. \$45 per 1/2 hour; \$160 for four (4) 1/2 hour sessions. Call the Recreation Department for more information.

(908) 766-2546

Name: _____

Address: _____

Boy: _____ Girl: _____

Beginner: _____ Advanced: _____

Session: I _____ II _____

Time: _____

Notify us of special needs: _____

Name: _____

Address: _____

Boy: _____ Girl: _____

Beginner: _____ Advanced: _____

Session: I _____ II _____

Time: _____

Notify us of special needs: _____

Name: _____

Address: _____

Boy: _____ Girl: _____

Beginner: _____ Advanced: _____

Session: I _____ II _____

Time: _____

Notify us of special needs: _____

Swim lessons are very popular and classes full up quickly. Class size will be limited. In order to reserve lessons, complete the registration form and return it along with your payment in person or mail to:

Bernardsville Recreation Office

Borough Hall

166 Mine Brook Road

Bernardsville, NJ 07924

(908) 766-2546

If you are paying by credit card, you can log into:

<https://register.communitypass.net/bernardsville>

3% Charge on credit card processing

ALL REGISTRATIONS WILL BE HANDLED THROUGH THE RECREATION OFFICE. IN PERSON REGISTRATIONS WILL NOT BE ACCEPTED AT THE POOL.

If you have any concerns regarding pool activities for your child, OR your child has any disability in accordance with the ADA, please notify the Recreation Department within six weeks prior to the program to ensure responsible accommodations.

A processing fee of \$10.00 will be charged for each change.

All requests for refunds must be submitted in writing to Bernardsville Recreation seven (7) business days prior to the start of the program or trip. Program refunds are \$15.00 or 15% of the program fee (whichever is greater).

Please read and sign

I, _____, the parent and/ or the legal guardian of _____ authorize him/her to participate in the described activity conducted or sponsored by the Bernardsville Recreation Department. I understand that this activity involves a risk of injury and I hereby assume the risk of injury, disability or damages which may occur while he or she is participating in this activity. To the extent permitted by law, I release and discharge the Borough of Bernardsville and its officials, officers, employees and agents from any and all liability, claims or damages, and I understand that I will be responsible for all costs of any medical treatment required for any injury that may be sustained by him/her as a result of such participation. Finally, I release the Borough from any claim whatsoever on account of first aid or other medical treatment rendered. Following is insurance information:

Signed: _____

Date: _____

Ins. Company: _____

ID #: _____