

Fitness & Wellness Center
At Mount Wachusett Community College
 444 Green Street
 Gardner MA 01440
 Phone (978) 630-9354
 FAX (978) 630-9562

<i>For Office Use Only:</i>	
Date: _____	Total: _____
Cash: _____	Ck#: _____
Credit Card Type: _____	
Staff Initials: _____	

Fall 2 - 2009
Learn-To-Swim Aquatics

The Fitness & Wellness is excited to offer you American Red Cross Swim Lessons. The program addresses the needs of swimmers at all levels – from beginners to advanced – at all ages.

The Learn-To-Swim levels are appropriate for children ages 6 years of age and up. Swimmers under the age of 6 must register for the PreSchool lessons listed on the PreSchool lessons registration form.

Learn-To-Swim Aquatics Registration Form: Complete both sides; please print!

Participants Name (Please print)	Age	Date of Birth
Mailing address	City/State	Zip
		Phone
Name of Parent(s)	Mailing Address (if different from above)	

Pre-registration for all current Fall 1 swimmers is from Oct. 16 – 20th
Open registration for all other swimmers begins Oct. 21st
(Please check the class you are registering for)

Level/Requirements/Fees	Fall 2 - 2009 Class Days and Dates (5 weeks)	Time
<p><u>LTS Aquatics - Level 1</u> Must be 6 years old and up to participate in class. Beginner swimmer willing to explore the water without parent.</p> <p>Member Fee: \$30 Non-Member Fee: \$40</p> <p><i>Class is 30 minutes + 5 minute free swim</i></p>	<p><input type="checkbox"/> Wednesdays – Nov. 4, 11, 18 & Dec. 2, 9 (No class Nov. 25th)</p> <p><input type="checkbox"/> Saturdays – Nov. 7, 14, 21 & Dec. 5, 12 (No class Nov. 28th)</p>	<p><u>Wednesday</u> 4 – 4:35pm <u>Saturday:</u> 9:55 – 10:30am</p> <p>Class Limit is 5</p>
<p><u>LTS Aquatics - Level 2</u> Must have passed Level 1 or enter water on their own, travel 5 yards, bob 3 times, exit water, front glide 2 body lengths, roll to back and recover to vertical position</p> <p>Member Fee: \$30 Non-Member Fee: \$40</p> <p><i>Class is 30 minutes + 5 minute free swim</i></p>	<p><input type="checkbox"/> Mondays – Nov. 9, 16, 23, 30 & Dec. 7</p> <p><input type="checkbox"/> Wednesdays – Nov. 4, 11, 18 & Dec. 2, 9 (No class Nov. 25th)</p> <p><input type="checkbox"/> Saturdays – Nov. 7, 14, 21 & Dec. 5, 12 (No class Nov. 28th)</p>	<p><u>Mondays</u> 5:30 – 6:05p <u>Wednesday:</u> <input type="checkbox"/> 4:35 – 5:10 Or <input type="checkbox"/> 5:45 – 6:20 <i>Select Time for Wed</i> <u>Saturday:</u> 9:20 – 9:55am</p> <p>Class Limit is 5</p>
<p><u>LTS Aquatics – Level 3</u> Must have passed Level 2 or step from side into chest deep water, front float for 5 seconds, roll to back, float for 5 sec. and return to vertical position. Back float for 5 seconds, roll to front and recover to vertical position. Swim 5 body lengths using combined arm and leg actions, roll to back, float for 15 seconds, roll back to front and continue swimming 5 body lengths.</p> <p>Member Fee: \$30 Non-Member Fee: \$40</p> <p><i>Class is 30 minutes+ 5 minute free swim</i></p>	<p><input type="checkbox"/> Mondays – Nov. 9, 16, 23, 30 & Dec. 7</p> <p><input type="checkbox"/> Wednesdays – Nov. 4, 11, 18 & Dec. 2, 9 (No class Nov. 25th)</p> <p><input type="checkbox"/> Saturdays – Nov. 7, 14, 21 & Dec. 5, 12 (No class Nov. 28th)</p>	<p><u>Mondays</u> 6:05 – 6:40pm <u>Wednesday:</u> 5:10 – 5:45pm <u>Saturday:</u> 8:45 – 9:20am</p> <p>Class Limit is 6</p>

LTS Aquatics – Level 4/5 Combo

Must have passed **Level 3** or be comfortable in the deep end, can enter the water head-first from sitting and kneeling positions. Jump into deep water from the side, swim front crawl 15 yards, tread/float for 30 seconds and swim elementary backstroke for 15 yards.

Member Fee: \$35
Non-Member Fee: \$45

Class is 45 minutes long

☐ Mondays – Nov. 9, 16, 23, 30 & Dec. 7

Monday
6:45 – 7:30pm
Class Limit is 8

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Fall 2 - 2009 - Swim Lessons

Permission and Assumption of Risk and Release:

I give my permission for this (myself) child to participate in the selected swim program. I understand that in the unlikely event of an accident, every attempt will be made to contact the person(s) named below. If unsuccessful, I give my permission to the staff to secure emergency medical services to aid my child (myself), including, (if necessary) hospitalization. Any expense arising from the injury or illness is the responsibility of the person signing below.

In consideration of being permitted to participate in this program I, the under signed, in full recognition and appreciation of the dangers and hazards inherent in such activities during this program, do hereby agree to assume all risks and responsibilities surrounding my participation in this program, or activities undertaken as an adjunct thereto; and I assume all risks for injuries and illness: caused by or related to this program: and further I do for myself, my heirs and personal representatives hereby defined hold, harmless, indemnify, and release, and forever discharge Mount Wachusett Community College and all its officers, agents, and employees from and against all claims, demands, and action, or causes of actions, on account of damage to personal property, or personal injury or death which may result from my participation, and which results, from the causes beyond the control of, and without the fault or negligence of MWCC, its officers, agents or employees, during the period of participation.

I have also read and understand the policies and information contained in the Swim Handbook. These policies not only outline expectation for class and the program, but also outline the cancellation policies of the Mount with regards to credits, refunds and make up classes.

Date Name of Participant Parent/Guardian Signature for enrollee under age of 18

Emergency Information: It is of utmost importance that our office has a telephone number available where a responsible person can be contacted in case of accident or illness.

Emergency Phone Number Name of Contact

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