

**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 – PreSchool 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 PreSchool Aquatics swim lessons are appropriate for children ages 6 months, up to and including children aged 5. Once a swimmer reaches 6 years of age, they must swim in the Learn-To-Swim Levels listed on the Learn-To-Swim registration form.**

**PreSchool Aquatics Registration Form:** Complete both sides; please print!

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

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

Level/Requirements/Fees	Fall 2 - 2009 Class Days and Dates (5 weeks)	Time
<p><b><u>Parent and Child</u></b>            Recommended for children ages 6 mo. – 3 years of age. Parent must accompany child in the water.</p> <p><b>Member Fee: \$30</b>  <b>Non-Member Fee: \$40</b></p> <p><i>Class is 30 minutes long</i></p>	<p><input type="checkbox"/> Saturdays – Nov. 7, 14, 21 &amp; Dec. 5, 12            (No class Nov. 28<sup>th</sup>)</p>	<p><b><u>Saturday:</u></b>            10:30 – 11am</p> <p>Class Limit is 8</p>
<p><b><u>PreSchool Aquatics Level 1</u></b>            Must be 4 years old and up to participate in class. Beginner swimmer willing to explore the water without parent.</p> <p><b>Member Fee: \$30</b>  <b>Non-Member Fee: \$40</b></p> <p><i>Class is 30 minutes + 5 minute free swim</i></p>	<p><input type="checkbox"/> Thursdays – Nov. 5, 12, 19 &amp; Dec. 3, 10            (No class Nov. 26<sup>th</sup>)</p> <p><input type="checkbox"/> Saturdays – Nov. 7, 14, 21 &amp; Dec. 5, 12            (No class Nov. 28<sup>th</sup>)</p>	<p><b><u>Thursday</u></b>            4:15 – 4:50</p> <p><b><u>Saturday:</u></b>            11 – 11:35</p> <p>Class Limit is 5</p>
<p><b><u>PreSchool Aquatics Level 2</u></b>            Must have passed Pre-1 or enter water on their own, travel 5 yards, blow bubbles for 3 seconds, exit water, front glide 2 body lengths, roll to back and float for 3 seconds, recover to vertical position</p> <p><b>Member Fee: \$30</b>  <b>Non-Member Fee: \$40</b></p> <p><i>Class is 30 minutes + 5 minute free swim</i></p>	<p><input type="checkbox"/> Thursdays – Nov. 5, 12, 19 &amp; Dec. 3, 10            (No class Nov. 26<sup>th</sup>)</p> <p><input type="checkbox"/> Saturdays – Nov. 7, 14, 21 &amp; Dec. 5, 12            (No class Nov. 28<sup>th</sup>)</p>	<p><b><u>Thursday</u></b>            4:50 – 5:25</p> <p><b><u>Saturday:</u></b>            11:35 – 12:10</p> <p>Class Limit is 5</p>
<p><b><u>PreSchool Aquatics Level 3</u></b>            Must have passed Pre-2 or glide on front for 2 body lengths, roll to back, float for 5 seconds and recover to vertical(same on front). Swim on front 3 body lengths, roll to back, float for 5 sec, roll to front and swim another 3 body lengths</p> <p><b>Member Fee: \$30</b>  <b>Non-Member Fee: \$40</b></p> <p><i>Class is 30 minutes + 5 minute free swim</i></p>	<p><input type="checkbox"/> Thursdays – Nov. 5, 12, 19 &amp; Dec. 3, 10            (No class Nov. 26<sup>th</sup>)</p> <p><input type="checkbox"/> Saturdays – Nov. 7, 14, 21 &amp; Dec. 5, 12            (No class Nov. 28<sup>th</sup>)</p>	<p><b><u>Thursday</u></b>            5:25 – 6pm</p> <p><b><u>Saturday:</u></b>            12:10 – 12:45</p> <p>Class Limit is 6</p>

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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.

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

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Emergency Phone Number	Name of Contact
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Emergency Phone Number	Name of Contact
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