



# 2019 Swim Lessons

Swim Lessons are open to children and adults of all abilities. Swim lessons are eight classes at 30 minutes each. Pre-registration required for all levels. Held at the Doris E. Buffett Pool. Instructor: Parks & Rec Staff.

**\$39/\$46 (resident/non-resident) Private Lessons \$120 (resident/non-resident)**

## Session Dates:

- Session 1: June 3-12 (evening only)
- Session 2: June 17-26
- Session 3: July 8-17
- Session 4: July 22-31

## Class Schedule:

- Week 1: Monday-Friday
- Week 2: Monday-Wednesday

**Makeup Days: Thursday & Friday of week 2**

**Please note the NEW schedule!**

## Parent/Child Swimming- Ages: 6 months - 3yrs

These skills offer a foundation for learning the swimming strokes. Safety topics are also presented. A parent is required to be in the water. Instructor will work with each group/level as determined. Pre-registration required.

Session 1	
June 3-7 and June 10-12	6:30-7:00pm
Session 2	
June 17-21 and June 24-26	8:40-9:10am
June 17-21 and June 24-26	6:30-7:00pm
Session 3	
July 8-12 and July 15-17	8:40-9:10am
July 8-12 and July 15-17	6:30-7:00pm
Session 4	
July 22-26 and July 29-31	8:40-9:10am
July 22-26 and July 29-31	6:30-7:00pm

## Preschool Swim Lessons- Ages: 4yrs - 5yrs

Children are taught to feel comfortable in the water while learning elementary aquatic skills. Pre-registration required.

Session 1	
June 3-7 and June 10-12	6:30-7:00pm
Session 2	
June 17-21 and June 24-26	8:00-8:30am
June 17-21 and June 24-26	9:20-9:50am
June 17-21 and June 24-26	6:30-7:00pm
Session 3	
July 8-12 and July 15-17	8:00-8:30am
July 8-12 and July 15-17	9:20-9:50am
July 8-12 and July 15-17	6:30-7:00pm
Session 4	
July 22-26 and July 29-31	8:00-8:30am
July 22-26 and July 29-31	9:20-9:50am
July 22-26 and July 29-31	6:30-7:00pm

## Level 1- Ages: 6yrs -17yrs

Introduction to Water Skills -- Water adjustment, floating, breath control, water entry/exit.

Session 1	
June 3-7 and June 10-12	6:30-7:00pm
Session 2	
June 17-21 and June 24-26	8:00-8:30am
June 17-21 and June 24-26	8:40-9:10am
June 17-21 and June 24-26	9:20-9:50am
June 17-21 and June 24-26	6:30-7:00pm
Session 3	
July 8-12 and July 15-17	8:00-8:30am
July 8-12 and July 15-17	8:40-9:10am
July 8-12 and July 15-17	9:20-9:50am
July 8-12 and July 15-17	6:30-7:00pm
Session 4	
July 22-26 and July 29-31	8:00-8:30am
July 22-26 and July 29-31	8:40-9:10am
July 22-26 and July 29-31	9:20-9:50am
July 22-26 and July 29-31	6:30-7:00pm

## Level 2- Ages: 6yrs – 17yrs

Fundamental Aquatic Skills -- Breath holding, retrieving objects, orientation to deep water, front and back floating.

Session 1	
June 3-7 and June 10-12	7:00-7:30pm
Session 2	
June 17-21 and June 24-26	8:40-9:10am
June 17-21 and June 24-26	9:20-9:50am
June 17-21 and June 24-26	7:00-7:30pm
Session 3	
July 8-12 and July 15-17	8:40-9:10am
July 8-12 and July 15-17	9:20-9:50am
July 8-12 and July 15-17	7:00-7:30pm
Session 4	
July 22-26 and July 29-31	8:40-9:10am
July 22-26 and July 29-31	9:20-9:50am
July 22-26 and July 29-31	7:00-7:30pm

### Level 3- Ages: 6yrs – 17yrs

Stroke Development -- Object retrieval (eyes open), bobbing (submerged head), jumping into deep water, diving from a kneeling position, glides, arm strokes, back crawl, elementary backstroke, reversing directions while swimming on front and back, treading water, deep water entry with life jacket, H.E.L.P. position, huddle position, and basic rescue techniques. Must pass Level 2 skill test to enter Level 3. Level 3 and 4 may be combined based on registration numbers.

<b>Session 1</b>	
June 3-7 and June 10-12	7:00-7:30pm
<b>Session 2</b>	
June 17-21 and June 24-26	10:00-10:30am
June 17-21 and June 24-26	7:00-7:30pm
<b>Session 3</b>	
July 8-12 and July 15-17	10:00-10:30am
July 8-12 and July 15-17	7:00-7:30pm
<b>Session 4</b>	
July 22-26 and July 29-31	10:00-10:30am
July 22-26 and July 29-31	7:00-7:30pm

### Level 4- Ages: 6yrs – 17yrs

Stroke Improvement -- Deep water bobbing, rotary breathing, diving from side of pool (stride and standing positions). Must pass Level 3 to enter Level 4. Level 3 and 4 may be combined based on registration numbers.

<b>Session 1</b>	
June 3-7 and June 10-12	7:00-7:30pm
<b>Session 2</b>	
June 17-21 and June 24-26	10:00-10:30am
June 17-21 and June 24-26	7:00-7:30pm
<b>Session 3</b>	
July 8-12 and July 15-17	10:00-10:30am
July 8-12 and July 15-17	7:00-7:30pm
<b>Session 4</b>	
July 22-26 and July 29-31	10:00-10:30am
July 22-26 and July 29-31	7:00-7:30pm

### Adaptive Swimming- Ages: 5yrs and older

Children and young adults with special needs can learn to swim. These lessons are specialized for individuals (children/adults) with disabilities who cannot, or prefer not to be mainstreamed. Skills are adapted to meet participants' needs and levels of function. Lessons will have smaller instructor-to-student ratio sizes. Participation of a family member is encouraged and may be required.

<b>Session 2</b>	
June 17-21 and June 24-26	10:00-10:30am
<b>Session 4</b>	
July 22-26 and July 29-31	10:00-10:30am

### Private Lessons- All Ages

Private lessons offer one-on-one instruction for all ages and all abilities. Sessions (8- 30 minute classes) are scheduled by you and an instructor during the months of June-August. Instructor will call to schedule.



## Pool Events

Join us for a season of fun events! See website or catalog for more details on each event.

- May 18- Season Prep with National Learn to Swim Day
- June 16- Father's Day at the Pool
- June 21-22- Great American Backyard Campout at Dixon Park
- July 19- Float-in Movie Night
- July 26- Adaptive Family Luau
- August 2- National Watermelon Day
- August 9- Superhero's Night
- August 21- National Senior Citizen Day
- September 6- Soggy Doggy Swim

## **WEATHER CANCELLATION FRED ALERT**

Cancellation notifications in real time directly to your devices.

- 1) **Sign up at [FredericksburgAlert.com](http://FredericksburgAlert.com)**
- 2) **Pick which lists** are important to you: Sports, Parks and Pool, and/or Programs and Events
- 3) **Update OFTEN.** Sign in to [FredericksburgAlert.com](http://FredericksburgAlert.com) to update your list preferences any time.

FREDERICKSBURG PARKS, RECREATION & EVENTS  
2019 DORIS E. BUFFETT POOL - SWIMMING LESSONS  
REGISTRATION FORM

A brief description of the lessons and times available are listed with this registration form.

\*\*\*We encourage you to register at [www.FredericksburgAlert.com](http://www.FredericksburgAlert.com) to receive important and cancellation information for the pool and swim classes.

**Please fill in the requested class dates and level.**

**Date:** \_\_\_\_\_ **Level/ Lesson:** \_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_ (as 6/1/19) Gender: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (H): \_\_\_\_\_ Phone (C): \_\_\_\_\_ (Optional)

Parent Emergency Contact Numbers: (1) \_\_\_\_\_ (2): \_\_\_\_\_

Emergency Contact Numbers (NOT Parent) :( 1) \_\_\_\_\_ (2): \_\_\_\_\_

Does your child have any medical condition or take any medications of which we need to be aware?

**NO**  **YES**  If yes, please explain in the space listed below:

\_\_\_\_\_  
\_\_\_\_\_

**WAIVER OF PARTICIPATION:** (Please read carefully)

A payee has until the start of this activity to rescind this waiver and void the enrollment. This must be done in writing. Any participation in this activity by the enrollee will indicate acknowledgement of an agreement to the following for the payee and the enrollee alike: 1) there is an inherent possibility of injury in any organized activity offered by the City of Fredericksburg. 2) The City of Fredericksburg does not provide accident insurance for its program participants. 3) Insurance coverage is advisable and payment for any emergency medical, hospital, or physician treatment resulting from injury is NOT the responsibility of the City of Fredericksburg. It is with full understanding of all items above that I give full permission for the enrollee to participate in the activity for which I have enrolled him/her. By enrolling I this program I hereby, for my dependent, waiver and release any and all rights and claims against the City of Fredericksburg and its representatives, successors and assigns for any and all injuries suffered by the enrollee during this activity sponsored by the City of Fredericksburg Parks & Recreation Department.

**Photo Permission:** I give the City of Fredericksburg, its officials and employees, permission to photograph or videotape the above named participant(s), during his or her participation in this Recreation Program. I understand and agree that the participant's picture and any materials he or she has produced during the program may be placed on the City's website or within other materials publicizing the City's Recreation Programs. I also give permission for the participant, his or her picture, to appear in the newspaper, social media, or on television as a participant in the Recreation Program. Furthermore, I agree to abide by all Pool rules and regulations and understand that breaking these rules is grounds for removal from the facility.

In witness whereof, I have executed this Liability Release and Photo Permission as my own free act on the \_\_\_\_\_ Day of \_\_\_\_\_, 2019

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Parent or participant or Guardian