

MIDDLESEX LEARN TO SWIM PROGRAM - 2014

Session I: June 30th- July 11th (Mon.-Fri.) 11:45 am to 12:30 pm (Levels 3,5,6)
12:30 pm to 1:15 pm (Levels 1,2,4)

Cost: Each child = \$20.00 (for first 2 children after that \$10.00 each.)

Ability Levels

- 1 Intro. To Water Skills (ages 4&5)
- 2 Fundamental Aquatic Skills, In shallow water - ages 6 & up or passed Level 1)
- 3 Stroke Development: (in deep water - learns front and back crawl, elementary back stroke, diving, and treading water)
- 4 Stroke Improvement (learns breast and side strokes, improves other strokes)
- 5 Stroke Refinement (Intermediate)
- 6 Stroke Proficiency (Swimmer)

All lessons are held at First in Fitness in Berlin. Each class can accommodate 10 students. Please note the two time slots depending on level. The timeslot from 11:45 to 12:30 is shared with the Town of Berlin. The Rumney and Middlesex community encourages all of our children to learn to swim and improve their skills through our town swim lesson opportunity.

TO ENROLL IN SWIM LESSONS:

Fill out the form below and return it with a check (payable to Middlesex Learn to Swim Program) to Debbie Goodwin 80 Upper Sunnybrook Rd., Middlesex, VT 05602. Confirmation will be sent by email when your child is enrolled. Please submit enrollment by June 6th. After this date, email to confirm that slots are available. Questions please email debgoodwin@lycos.com.

Child(rens) Name

Swim Level

_____	_____
_____	_____
_____	_____

Parent's Name, Phone Number, and Email Address for confirmation.

Mailing Address if you prefer a mailed confirmation.

I authorize the First in Fitness Aquatics Director and Instructors to act in my behalf regarding medical attention to my child if necessary.

Parent's signature required.