



Lancaster County Central Park Swimming Pool

1050 Rockford Road, Lancaster, PA 17602

Phone 717-299-8215

Fax 717-295-5942

2018 Group Swim Lesson Descriptions & Registration Form

Child's Name: _____ Child's DOB _____

Parent/guardian: _____ Parent's DOB _____

Address: _____

Telephone: _____ E-mail: _____

Special needs we should know about your child? _____

Child's allergies? _____

Hospital preference? _____ UPMC Pinnacle Lancaster _____ UPMC Pinnacle Lititz _____ Lancaster General

Infant & Toddler Programs: \$40.00 – swim diaper and plastic pants required.

_____ **Aqua Babies 1, ages 9 to 24-months w/caregiver** Introduce your baby to water safely and confidently. Songs and games help your child feel comfortable in the water. Develops swimming readiness by bonding with your child and teaches them that the water can be safe and relaxing. Limit 4 *Babies* per instructor.

_____ **Aqua Babies 2, 24 to 36-months w/caregiver** Class continues water exploration with a caregiver. Beginner skills are taught including entering and exiting the water safely, submerging the head, blowing bubbles and floating with support. Limit 4 *Babies* per instructor.

Schedule for Aqua Babies:

Session 1: June 18 – June 28 (Mon. – Thu.), 11:15 a.m. – 11:45 a.m.

Session 2: July 9 – July 19 (Mon. – Thu.), 11:15 a.m. – 11:45 a.m.

Session Preferred:	
_____	First Choice
_____	Second Choice

Preschool Programs: \$50.00 - Class Preferred (Class level will ultimately be decided by the Swim Instructor)

_____ **Aqua Tots 1, 3 – 4 year olds, based on ability.** An introductory class for the non-swimmer exploring the water for the first time without an adult caregiver. Children learn to submerge their heads, blow bubbles, enter and exit water safely and begin floating with support. Limit 5 *Tots* per instructor.

_____ **Aqua Tots 2, 3 – 6 year olds, based on ability.** A slightly advanced pre-school swim class when participants begin exploring underwater swimming, work on floating without support and begin rudimentary stroke development. Limit 5 *Tots* per instructor.

_____ **Aqua Tots 3, 4 – 6 year olds, based on ability.** This intermediate course builds on the skills learned in Aqua Tots 1 and 2. Children learn to perform skills with less guidance and increase coordination and proficiency. Limit 6 *Tots* per instructor.

Schedule for Aqua Tots:

Session 1: June 18 – June 28 (Mon. – Thu.), 11:15 a.m. – 11:45 a.m.

Session 2: July 9 – July 19 (Mon. – Thu.), 11:15 a.m. – 11:45 a.m.

Session 3: July 23 – August 2 (Mon. – Thu.), 11:15 a.m. – 11:45 a.m.

Session Preferred:	
_____	First Choice
_____	Second Choice
_____	Third Choice

(Additional sessions MAY be scheduled if these classes are filled.)

MORE GROUP SWIM LESSONS ON OTHER SIDE >>>

School Age Programs: \$50.00 Class Preferred (Class level will ultimately be decided by the Swim Instructor)

_____ **Sea Squirts, ages 5 & up.** A beginner class for school aged children when swimmers focus on front and back floats, complete head submersion, supported kicking and water safety. Limit 6 *Squirts* per instructor.

_____ **Sea Stars, ages 6 & up.** An advanced beginner class for school aged children that focuses on breathing techniques and rudimentary stroke development, plus an introduction to deeper water, underwater swimming and treading water. Limit 6 *Stars* per instructor.

_____ **Sea Turtles, ages 6 & up.** An intermediate level class for school aged children who can swim the front crawl and backstroke. Swimmers develop rhythmic breathing skills and improve techniques for the front crawl, backstroke and breaststroke. Limit 7 *Turtles* per instructor.

_____ **Sea Rockets 1, ages 8 & up.** An advanced intermediate class that focuses on formal stroke development. Participants advance at their own pace, focus on increased distance swimming, improving breathing skills, and correct form for all strokes. Limit 7 *Rockets* per instructor.

_____ **Sea Rockets 2, ages 8 & up. Pre-requisite** → Students must have completed Sea Rockets 1 or have an instructor's recommendation. An advanced class that refines stroke performance, increases endurance and teaches flip turns and surface dives. Limit 7 *Rockets* per instructor – perfect for future swim team participants.

Schedule for Sea Squirts, Sea Stars, Sea Turtles and Sea Rockets 1 & 2:

Session 1: June 18 – June 28 (Mon. – Thu.), 11:15 a.m. – 11:45 a.m.

Session 2: July 9 – July 19 (Mon. – Thu.), 11:15 a.m. – 11:45 a.m.

Session 3: July 23 – August 2 (Mon. – Thu.), 11:15 a.m. – 11:45 a.m.

(Additional sessions MAY be scheduled if these classes are filled.)

Session Preferred:
_____ First Choice
_____ Second Choice
_____ Third Choice

To register for Group Swim Lessons, please visit www.lancastercountyparks.org and click the link to register and pay on-line. Of course, you may mail, email or stop by the Park Office with your completed application(s) and payment. Please call 717-299-8215 with any questions.

**Private Swim Lessons are available at \$18 per 30-minute session.
Please call 717-299-8215 to schedule.**

Program Liability Waiver must be signed and given to the instructor before child can participate in the first session (please call 717-299-8215 to obtain waiver).

By your child's participation in the swim lesson program, you are granting the Lancaster County Department of Parks and Recreation and its agents the right to use and publish images of you or your minor child. If you prefer not to be photographed, please notify the instructor.

Credit Card Information
Name (as it appears on credit card): _____
American Express, Discover, MasterCard or Visa Credit Card _____ -- _____ -- _____ -- _____
Expiration Date (MM/YY) _____ / _____