



Chambersburg Recreation Department 2024 Summer Swimming Lessons



Participant's Name _____ M ____ F ____ Grade _____ DOB _____ Age _____

Address _____ City _____ Zip _____

Email _____ (1) Phone _____

Parent or Guardian Name: _____ (2) Phone _____

Are there any medical conditions or medications of which we should be aware? If there is anything else about your child we should know, please explain.

Please Circle Township in which you reside: Boro Greene Guilford Hamilton Letterkenny Lurgan Other

Please check (v) the child's level under the session of your choice.

May 23rd (TH): 5-7 PM
May 28-30th (T-TH): 5-8 PM
JUNE 3rd – 7th (M-F): 8:30-11:30 AM
**Must attend every date*
Registration Deadline: May 17th
_____ Lifeguarding Today 8:30-11:30 AM

Lifeguarding Today Important Information:

- The participant is responsible for ordering and purchasing a mask for the course.
 - o You may purchase a mask from the Rec Dept Office
 - o You may also purchase the mask online on the Red Cross website: <https://www.redcross.org/store/life-guarding-and-learn-to-swim/training-equipment-and-supplies/cpr-masks-and-face-shields>
- 15 years of age by the last class of the session
- Course Requirements:
 - o Must pass the swimming pre-test: **Thursday, May 23rd from 5-7 PM**; to continue with the program:
 - Swim 150 yds continuously using front crawl and breaststroke; tread water using legs only for 2 minutes; continue to swim 50 yds using front crawl and breaststroke.
 - Ability to retrieve 10 lb. weight from 7 ft deep, surface and swim 20 yds with weight; timed 1 min and 40 sec.
 - o Prior to attending the first, in-person class, on **May 28th**, the student must complete an online course, approximate 8-hours in length. Can access it on PC, tablets, and mobile devices on updated internet browsers. Able to save and come back to the course intermittently. Instructor will send information out on **May 23rd**, upon passing the pre-test.
- Upon completion and passing of the Lifeguarding course, participants will receive their certification card (\$46 included in your course fee).
- *If a participant works as Guard at the Aquatic Center, the cost of the class will be reimbursed to the participant after the first 30 days of employment (minus the \$46 cost of the certification card.)*

SESSION 1: JUNE 17th – 28th (M-F)
Registration Deadline: June 12th
_____ Jr. Lifeguarding 8:30-9:30 AM
_____ Level 4A 8:30- 9:30 AM
_____ Level 4B 8:30-9:30 AM
_____ Level 1 9:30-10:15 AM
_____ Level 2 9:30-10:15 AM
_____ Level 3 9:30-10:15 AM
_____ Level 1 10:15-11:00 AM
_____ Level 2 10:15-11:00 AM
_____ Level 3 10:15-11:00 AM
_____ Pre-Beginner 11:00-11:30 AM

SESSION 3: JULY 15th – 26th (M-F)
Registration Deadline: July 10th
_____ Level 4A 8:30-9:30 AM
_____ Level 4B 8:30- 9:30 AM
_____ Level 5 8:30-9:30 AM
_____ Level 6 8:30- 9:30 AM
_____ Level 1 9:30-10:15 AM
_____ Level 2 9:30-10:15 AM
_____ Level 3 9:30-10:15 AM
_____ Level 1 10:15-11:00 AM
_____ Level 2 10:15-11:00 AM
_____ Level 3 10:15-11:00 AM
_____ Pre-Beginner 11:00-11:30 AM
_____ Mommy & Me 11:00-11:30 AM

SESSION 2: JULY 1st – 12th (M-F)
***Lessons will be held on July 4th**
Registration Deadline: June 26th
_____ Level 4A 8:30-9:30 AM
_____ Level 4B 8:30- 9:30 AM
_____ Level 5 8:30-9:30 AM
_____ Level 6 8:30- 9:30 AM
_____ Level 1 9:30-10:15 AM
_____ Level 2 9:30-10:15 AM
_____ Level 3 9:30-10:15 AM
_____ Level 1 10:15-11:00 AM
_____ Level 2 10:15-11:00 AM
_____ Level 3 10:15-11:00 AM
_____ Pre-Beginner 11:00-11:30 AM
_____ Mommy & Me 11:00-11:30 AM

Mini Session: July 29th – August 9th (M-F)
Registration Deadline: July 22nd
_____ Level 1 10-10:45 AM
_____ Level 2 10-10:45 AM
_____ Pre-Beginner 10:45-11:15 AM



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Waiver / Photo Release

This form grants _____ (participant’s name) permission to participate in the Chambersburg Recreation Department’s Swimming Lessons. I am aware that this type of recreational activity may result in injury (we) agree that the Borough of Chambersburg, its representatives and/or other organizations and individuals connected with sponsoring or conducting this event will not be held liable for any injury that may occur.

I, _____, give my permission to the Chambersburg Recreation Department to use my name or likeness (including photographs) or the name or likeness (including photographs) of my child or children in promotional and/or advertising materials related to the Chambersburg Recreation Department.

Parent or Guardian Signature _____ Date: _____

<u>Prices:</u>	<u>Cost</u>	<u>Borough Rate</u>
Pre-Beginner (4 & 5 year olds)	\$69.00	\$65.00
Mommy & Me	\$69.00	\$65.00
Levels 1 – 6	\$85.00	\$75.00
Jr. Lifeguarding	\$85.00	\$75.00
Lifeguarding Today	\$169.00	\$159.00

Chambersburg Recreation Department’s Red Cross Certified Learn to Swim Program

Pre-Beginner – Must be a minimum of 4-5 years of age. Introduces basic water acclimation and safety skills. Focuses on swimming skills of front and back floating, kicking and arm motions. May not advance to Level 1 until child is 6 years old.

Mommy & Me – Must be a minimum of 2-3 years of age. Toddlers will become acclimated to the water and discover they enjoy it. One adult must accompany the toddler in the water.

Level 1 – Must be a minimum of 6 years of age. Builds on pre-beginner foundational skills. Skills must be successfully completed with support before advancing.

Level 2 – Using basic arm and leg actions taught in Level 1, students will learn to move more independently through the water. Skills successfully completed without support before advancing.

Level 3 – Students continue to improve skills and refine strokes learned in previous levels. Deep water skills such as diving is introduced.

Level 4A – Students are introduced to kicks for breast stroke, butterfly and sidestroke, while improving endurance for the front and back crawl.

Level 4B – Students continue to improve stroke techniques taught in Level 4A and continue to build endurance for all strokes.

Level 5 – Stroke refinement for all strokes taught in Level 4 and swimming distances increase. Students work towards accomplishing 100 yards continuously.

Level 6 – Students work to swim with ease, efficiency and power over increasingly greater distances. Students work towards swimming 500 yards continuously. Safety skills begin to shift towards those required for lifeguarding.

Jr. Lifeguarding – The objective of the course, designed for kids 11-14 years of age, is intended to build a foundation of knowledge and skill for future Lifeguards. Participants will focus on developing swimming skills to help them accomplish the Lifeguarding Course requirements. The course also introduces Lifesavings Skills, use of rescue tubes, first aide, CPR and AED. Students will also shadow Lifeguards during their rotations.

Lifeguarding Today – The objective of the course is to provide the individual with the knowledge and skills needed to become a well-trained professional lifeguard at pools and non-surf beaches. Includes CPR: 1. Adult 2. Infant/child 3. Professional Rescuer and first aid in and around water, with spinal injuries emphasized. Pre-requisite: minimum age of 15 years prior to the last class.

Adult – Must be at least 16 years of age and older. This class is designed to help any participant who would like to learn to swim or refine their current skills.

Please return form with payment to: Chambersburg Recreation Department, 235 S. 3rd Street, Chambersburg, PA 17201



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WAIVER AND RELEASE

THIS WAIVER & RELEASE (the "Waiver") is provided on the date indicated below and is agreed to and signed in consideration of being permitted to participate in any program, activity, event, or any other similar occurrence (the "Activity") directly or indirectly organized, authorized, or provided by the Borough of Chambersburg (the "Borough") or taking place on or in any Borough property, grounds, or facilities. By signing below, the Participant acknowledges, understands, and agrees to be bound by the following:

1. Participation in Activity may result in Participant's exposure to and/or illness and infection from diseases, including, but not limited to, MRSA, influenza, and COVID-19, and these diseases, illnesses, infections, and viruses can carry the risk of serious illness or death.
2. Participant knowingly and freely assumes all such risks, both known and unknown, whether or not said risks are associated with the illnesses and diseases listed above, or from other infectious diseases, infections, illnesses, and viruses not contemplated herein. Participant assumes full responsibility for participation in the Activity.
3. Participant hereby agrees to release and hold harmless the Borough, its successors and assigns, its agents, officers, elected officials, employees, and their heirs and assigns (the "Releasees") from any and all liability arising from or related to the Activity and Participant's participation therein, including negligence. Participant further releases and holds harmless the Borough and Releasees from any and all damages arising from injuries, illness, disability, death, loss or damage to person or property, resulting directly or indirectly from participation in the Activity.
4. Participant shall comply with the guidelines issued by the Centers for Disease Control and Prevention and the Pennsylvania Department of Health regarding the prevention of the spread of infectious diseases, including COVID-19, to the extent practicable while participating in the Activity.
5. Participant assumes the responsibility to terminate participation in the Activity if Participant notices, observes, or becomes aware of any unusual or significant hazard that arises during the course of the Activity.
6. **Minor Participants.** Any Participant who is under the age of 18 (the "Minor Participant") shall have a parent/guardian/person with legal responsibility for the Minor Participant (the "Responsible Party") sign this Waiver on the Minor Participant's behalf, and all the terms and conditions of this Waiver shall apply to the Minor Participant. The Responsible Party has read, understood, and agreed to the terms of this Waiver and has explained to the Minor Participant the potential risks associated with participation in the Activity. The Minor Participant and Responsible Party understand the rules and guidelines contemplated by this Waiver. The Responsible Party, for itself, its spouse/partner, and the Minor Participant freely consents and agrees to be bound by the Waiver and to release and hold harmless the Borough and Releasees for any and all liabilities as provided in this Waiver that may arise from Minor Participant's participation in the Activity.

Initials of Responsible Party: _____

Date: _____

Participant Name

Participant Signature or
Parent/Guardian Signature for Minor Participant

Name of Parent/Guardian for Minor Participant