



6116 Wilson Mills Road, Mayfield Village, OH 44143 440-995-6840 [www.mayfieldschools.org](http://www.mayfieldschools.org)

## Saturday Youth Learn To Swim Program

- **Fall I 2016:** Saturdays, September 17, 24, October 1, 8, 15, 22
- Various classes offered see times listed.
- Cost for lessons: \$42 for school district resident or \$52 for non-school district resident
- If you are unsure of what level your child should be registered for the Youth Learn to Swim please contact the Aquatics Supervisor prior to registration by calling 440-995-6840. The Aquatics Supervisor reserves the right to make final decisions on class placement
- For levels with less than 3 students times may change. We will notify you of any changes before classes begin.
- No refunds or makeups will be given for any individual missed class.
- Swim Lesson participants are not permitted to swim before or after lessons

### In Person Registration Information

- All registration must be done in person.
- Registration takes place at Wildcat Sport & Fitness daily beginning Tuesday, September 6, 2016 for School District Residents and Wednesday, September 14, 2016 for Non- School District Residents.
- Registration will close Friday September 16, 2016.

### Payment Information

- Acceptable forms of payment are: cash, check (Payable to Mayfield City Schools), or Credit Card (Visa Master Card or Discover)

## Swimming Lessons Levels

LEVEL/TIMES/LOCATION	AGE REQUIREMENTS	DESCRIPTION
<b>Parent &amp; Child Aquatics</b> <b>9:00-9:30 AM or 9:30-10:00 AM</b> (2 classes) <b>Instructional Pool Stairs</b>	Age: 6 – 36 months Min/Max: 3/10	Great for children to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. <b>PLEASE NOTE: A parent (or adult) must accompany the child in the water.</b>
<b>Pre-school Level I- Beginner</b> <b>10:00-10:30 AM or 11:45-12:15 AM</b> (2 classes) <b>Instructional Pool Stairs</b>	Age: 4-5 years Min/Max: 3/5	Designed to orient preschool-age children to learn basics of swimming: bobbing, floating in prone and supine positions, gliding in prone and supine positions, flutter kick in prone and supine positions, front crawl, basic safety rules, and jumping in
<b>Pre-school Level II- Independent floaters</b> <b>10:30-11:00 AM or 11:45-12:15 PM</b> (2 classes) <b>Instructional Pool Stairs</b>	Age: 4-5 years Min/Max: 3/5	Children should already be able to: float on front and back w/o assistance and put head under water. Children will work on: floating, gliding, flutter kick, front crawl, back crawl, turning over from front to back and back to front, retrieving object, and jumping into water over their head.
<b>Pre-school Level III- Independent Swimmer</b> 12:15-12:45 PM <b>Shallow Lanes</b>	Age: 4-5 years Min/Max: 3/5	Children should already be able to: swim front and back crawl. Children will work on: gliding, front crawl, back crawl, elementary backstroke, retrieving object, treading water, jumping into deep water, kneeling dive, and compact dive.
<b>Level I Beginner</b> <b>10:30-11:15 AM</b> <b>Instructional Pool</b>	Age: 6 years and up Min/Max: 3/8	Children learn basics of swimming: bobbing, floating in prone and supine positions, gliding in prone and supine positions, flutter kick in prone and supine positions, front crawl, basic safety rules, and jumping in.
<b>Level II</b> <b>11:00 – 11:45 AM</b> <b>Instructional Pool</b>	Age: 6 years and up Min/Max: 3/8	Children should already be able to: float on front and back w/o assistance and put head under water. Children will work on: floating, gliding, flutter kick, front crawl, back crawl, turning over from front to back and back to front, retrieving object, and jumping into water over their head.
<b>Level III</b> <b>11:30 - 12:15 PM</b> <b>Lap Pool</b>	Age: 6 years and up Min/Max: 3/8	Children should already be able to: swim front and back crawl. Children will work on: gliding, front crawl, back crawl, elementary backstroke, retrieving object, treading water, jumping into deep water, kneeling dive, and compact dive.
<b>Level IV</b> <b>10:45-11:30 AM</b> <b>Lap Pool</b>	Age: 6 years and up Min/Max: 3/8	Children should already be able to: swim front and back crawl 10 yards, elementary backstroke, and dive in kneeling and compact position. Children will work on: deep water bobbing, rotary breathing, front crawl, back crawl, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, breaststroke, rotary kicks, and diving in stride and standing positions.
<b>Level V</b> <b>10:00-10:45 AM</b> <b>Lap Pool</b>	Age: 6 years and up Min/Max: 3/8	Children should already be able to: swim front and back crawl 25 yards, elementary backstroke 10 yards, scissors kick, whip kick, treading water, and diving. Children will work on: alternate breathing, stride jump, diving from board, long shallow dive, front and back crawl, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

# Registration on back

## Registration Form

**AGREEMENT TO INDEMNIFY, AND NOT SUE, AND RELEASE OF ALL CLAIMS**

As a participant in a program, activity or membership offered by:(1)the Village of Gates Mills;(2)the Highland Heights Recreation Department; (3) the Mayfield City School District Board of Education; (4) the City of Mayfield Heights Parks and Recreation Department; and/or (4) the Mayfield Village Parks and Recreation Department(hereinafter collectively referred to as the "Wildcat Sport and Fitness" WSF) to be held within or about the WFS, Releasor (or the participant for whom Releasor will sign if the participant is under 18 years of age) recognizes and acknowledges that Releasor may be exposed to a variety of risks, and Releasor agrees to assume all such risks including, but not limited to, physical injuries, death, loss of services or consortium, loss or damage to property, or any other loss or injury which Releasor may sustain as a result of participating in any and all activities connected or associated with Releasor's use of the WSF or participation in any programs associated with the WSF.

Releasor acknowledges that Releasor has no physical limitations or disabilities of any kind which may restrict or limit Releasor, in any way, from participating in any activity to be held within or about the WSF. Releasor acknowledges that any special accommodation Releasor may need in order to participate in activities within the WSF will be brought to the attention of the WSF, in writing, at least one week prior to Releasor's participation in any activity conducted within or about the WSF.

In consideration of the WSF accepting Releasor's registration and participation, and with the intent to be legally bound, Releasor for himself, his heirs, next of kin and assigns, hereby: (1) releases the WSF and any of its officers, officials, agents, employees, volunteers, independent contractors and other representatives from any and all claims, liabilities, demands, actions or causes of action in any way resulting from my participation in this and any other programs of the WSF; (2) waives and relinquishes any claim Releasor had, has or may have as a result of Releasor participating in any programs or activities offered by the WSF; and (3) covenants not to sue and agrees to hold harmless and defend the WSF and any of its officers, officials, agents, employees, volunteers, independent contractors and other representatives, from any and all claims, liabilities, demands, actions or causes of action in any way resulting from Releasor's participation use of, in any manner, the WSF.

**USE OF PHOTOGRAPHS:** Releasor hereby grants and provides the WSF the right to use Releasor's image or photograph (or the photograph or image of the participant for whom Releasor is signing) with or without Releasor's name, individually and in conjunction with others for any purpose including, but not limited to, private or public presentations, advertising, publicity and promotion. Releasor warrants that Releasor has the right to authorize the foregoing and does agree to hold the WSF harmless from any and all liability of whatever nature which may arise out of result of such uses.

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

**For Office Use Only: Proof of Residency verified for District Rates by:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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**Fall I 2016 Pool Programs: Please Print:  
Bring to Wildcat Sport & Fitness**

**Child's Name** \_\_\_\_\_ **D.O.B.** \_\_\_\_\_ **Home Phone** \_\_\_\_\_

**Address** \_\_\_\_\_  
(street) (city) (zip)

**Parent/Legal Guardian's Name(s)** \_\_\_\_\_

**Cell/Work Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Circle class or level:** Parent & Child: 9:00/9:30 (2 classes) \_\_\_\_\_ Pre-School Level I: 10:00/11:15/ (2 classes) \_\_\_\_\_

Pre-school Level II: 10:30/11:45 AM (2 class) \_\_\_\_\_ Pre-school Level III: 12:15PM \_\_\_\_\_

Level \*: I-10:30 \_\_\_\_\_ II- 11:00 \_\_\_\_\_ III-11:30 \_\_\_\_\_ IV-10:45 \_\_\_\_\_ V-10:00 \_\_\_\_\_

\* See descriptions for time these classes are offered.

**Please note the time of the class you select. You will only be notified in the event of a class cancellation.**

**TOTAL AMOUNT DUE: \$** \_\_\_\_\_