



Swim Lessons for Berlin Residents!

The Berlin Recreation committee will again be subsidizing swim lessons through the Montpelier Recreation Department for Berlin residents.

Please fill out the attached form and submit directly to the Montpelier Recreation Department. The fee for Berlin residents will be \$40 (Berlin Rec will subsidize \$35 per child).

Please pay Montpelier Recreation the full amount of \$75 –and you will be reimbursed through the Town of Berlin for the \$35 out of the Recreation funds. No refunds will be given.

Once you've submitted your paperwork to Montpelier Recreation Department, please email Tim Shea at sevenshea@gmail.com so I can add your name to my list.



Montpelier Recreation Department Swimming Lessons 2024

58 Barre Street Montpelier, VT 05602 | 802-225-8699 | www.montpelier-vt.org

Please be sure that if you have never participated in a Montpelier Recreation Program that you also fill out a household creation form and attach it to this form. Thank You! **Please Print Clearly**

Participant Name: _____ Age: _____ Birthday: _____

Parent Name: _____ Address: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

Fee per Session: Montpelier Residents: \$50.00 Non-Residents: \$75.00

Descriptions for the levels are located on the back of this page. Please locate the correct level and time in the table below. Circle the section you wish to register for. Maximum class size for each level is 10 participants.

Session 1: July 8 - July 19

10:30am - 11:00am	11:15am - 11:45am	4:30pm - 5:00pm	5:15pm - 5:45pm
1121A: Level 1-Tadpoles	1111B: Level PK-Tiny Tots	1121C: Level 1 - Tadpoles	1111D: Level PK-Tiny Tots
1131A: Level 2 - Frogs	1151B: Level 4 - Dolphins	1131C: Level 2 - Frogs	1121D: Level 1-Tadpoles
1141A: Level 3-Swordfish	1161B: Level 5 - Sharks	1141C: Level 3 - Swordfish	1131D: Level 2 - Frogs
1151A: Level 4-Dolphins	1171B: Level 6		
CAMPERS ONLY : 3:00 - 3:30: Circle One			
	1121E: Level 1	1131E: Level 2	1141E: Level 3

Session 2: July 29 - August 9

10:30am - 11:00am	11:15am - 11:45am	4:30pm - 5:00pm	5:15pm - 5:45pm
1122A: Level 1-Tadpoles	1112B: Level PK-Tiny Tots	1122C: Level 1 - Tadpoles	1112D: Level PK-Tiny Tots
1132A: Level 2 - Frogs	1152B: Level 4 - Dolphins	1132C: Level 2 - Frogs	1122D: Level 1-Tadpoles
1142A: Level 3-Swordfish	1162B: Level 5 - Sharks	1142C: Level 3 - Swordfish	1132D: Level 2 - Frogs
1152A: Level 4-Dolphins	1172B: Level 6		
CAMPERS ONLY : 3:00 - 3:30: Circle One			
	1122E: Level 1	1132E: Level 2	1142E: Level 3

Description of levels and Waiver are on the back page.

Continue to second page on back.

Montpelier Recreation Department - 2023 Summer Program Registration Form
RETURN FORM TO: Rec Center at 55 Barre Street Montpelier, VT 05602 | 802-225-8699

At the first day of swim lessons, all participants are evaluated to make sure they are all in the correct level.
If needed, we will then place the participants in the correct level as soon as possible.

DESCRIPTION OF SWIM LEVELS

Level PK - Tiny Tots: Our program is for children 5 and under who have not been to kindergarten. It is required that a parent accompany their child in the water. You will learn to work with your child on pre-swimming skills that are provided by a qualified instructor. In case of cold and/or rainy weather, lessons will be cancelled.

Level 1 - Tadpoles: Learn basic personal water safety information and skills to help participants feel comfortable in the water and to enjoy the water safely. Participants will learn elementary aquatic skills such as floating, gliding, and breath control, which they will build on as they progress through the six learn-to-swim levels. Participants will also learn to safely enter and exit the water independently and begin to learn to recover from floating and gliding into a vertical position.

Level 2 - Frogs: Gives participants success with fundamental skills. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Participants will learn to step into chest deep water, perform front and back floats and return to a vertical position, as well as swim on the front using a combined arm and leg action for 5 body-lengths. Frogs is for children who have passed Tadpoles.

Level 3 - Swordfish: Participants will learn the survival float, the elementary backstroke and to coordinate the front crawl. They are introduced to the scissors kick and build on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the rafts. Swordfish is for children who have passed Frogs.

Level 4 - Dolphins: Developing confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes such as the front crawl and elementary backstroke for greater distances. Students also continue to build upon the scissors kick by adding the arms for sidestroke and butterfly. The back crawl and the breaststroke are introduced in this level. Dolphins is for children who have passed Swordfish.

Level 5 - Sharks: Coordinating and refining strokes. Participants refine their performance of all the strokes including the front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke, and increase their swimming distances. Children must have completed Dolphins.

Level Six: Refining the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Children must have passed Sharks.

WAIVER RELEASE: I assume all risk and hazards incidental to such participation, including transportation to and from activity, and I hereby waive, release, absolve, and agree to hold harmless the City of Montpelier Recreation Department, their officers, agents, officials, employees, volunteers, the organizers, sponsors, supervisors and participants for any claim arising out of any injury to my child or myself.

Print Name: _____ Signature: _____

Total Amount \$ _____ Please Return with Cash or Check Payment, Thank You!

Office Use Only			
Date Received _____	Received By _____	Date Entered _____	Payment Entered _____