



Summer Swimming Registration – 2024

Session Dates: Session 1: Monday, June 24 - Friday, June 28

Session 2: Monday, July 8 - Friday, July 12

Session 3: Monday, July 22 - Friday, July 26

Session 4: Monday, August 5 - Friday, August 9

Registration Forms will be accepted at City Hall beginning 5/20/2024 (8am-4:30pm M-F; 1015 Hillside Ave, Pine City).

DIRECTIONS: Sessions will last for one week and will be one hour in length. Four separate swimming sessions are being offered. A parent or legal guardian must complete the information requested below, sign the waiver and release statement, and turn the form in. Payment must accompany registration. Previous class records can be obtained by visiting pinecitygov.com/swim to help determine what level your child should be registered for. **There is a maximum of 10 students per class. The City reserves the right to cancel any class that has fewer than six participants, in which fee will be refunded. If you are unable to attend there will not be any refunds.**

Cost: \$25 per session per child

Checks Payable To: City of Pine City

Child's Name	Age	Known Allergies	Known Medical Condition(s)	Requested Class Level	Requested Date	Time

Waiver and Release Statement: I hereby certify that I am either a parent or legal guardian for the children registered above and hereby waive, release and hold harmless the City of Pine City and its agents, representatives, and assigns from the City of Pine City any responsibility or liability for any damages arising from personal injuries, property damages, or loss relating to my child/children's participation in and the use or operation of equipment related to swimming activities. This release and hold harmless clause apply to both any claims or causes of action for personal injury or property damages that I may have directly or that may arise on behalf of my child/children relating to or arising out of any of the activities referred to above. I also certify that my child/children named above has/have no physical handicaps or impairments that might inhibit his, her or their participation in swimming activities and that I will abide by all City of Pine City regulations and requirements regarding my child/children's participation.

Parent or Guardian's Signature: _____ Print Name: _____

Date: _____ Email Address: _____ Home Address: _____

Zip: _____ Township/City: _____ Telephone: _____

Fee: _____	Paid By: <input type="checkbox"/> Cash <input type="checkbox"/> CC <input type="checkbox"/> Check # _____	Date: _____	Cashier: _____
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RED CROSS SWIM LEVEL SKILLS

<p style="text-align: center;">Preschool Introduction to Water</p> <p>Purpose: Introduce students to the water. Course Contents: This course is intended for students who are 3-5 years old who are being introduced to the water for the first time or are not comfortable in the water. We will introduce students to water in a variety of ways, go over safety rules, how to help in an emergency, fundamentals of using a life jacket. Parents' participation is welcome.</p>	<p style="text-align: center;">Level 4.2 Introduction to New Strokes</p> <p>Students should have completed Level 4-1 before moving to 4-2.</p> <p>Purpose: Introduce students to additional swimming skills on side and back. Course Contents: Dive from standing position, perform feet first surface dive and swim under water, elementary backstroke, back stroke, and side stroke.</p>
<p style="text-align: center;">Level 1 Introduction to Water Skills</p> <p>Purpose: Help students feel comfortable in the water. Course Contents: Supported floating and kicking on front and back, swimming on front and back using alternating and simultaneous arm and leg action with support, water safety rules, how to get help in an emergency, fundamentals of using a life jacket. Students should be a minimum of 5 years old.</p>	<p style="text-align: center;">Level 5 Stroke Refinement</p> <p>Purpose: Provide further coordination and refinement of strokes. Course Contents: Perform a long shallow dive, perform tuck and pike surface dives, tread water, survival float front and back for 2 minutes, swim front and back crawl 50 yds. each, breaststroke, elementary backstroke and sidestroke for 25 yds. each.</p>
<p style="text-align: center;">Level 2 Fundamental Aquatic Skills</p> <p>Purpose: Give students success with fundamental skills. Course Contents: Jump independently into chest deep water, submerging entire head, open eyes under water, pick up an object, change direction on front and back, float and glide on front and back, combined stroke on front and back, roll over from front to back, back to front, moving in the water with a life jacket on.</p>	<p style="text-align: center;">Level 6-1 Swimming and Skill Proficiency</p> <p>Purpose: Refine strokes so students will swim them with ease, efficiency, power, and smoothness over great distances. Course Contents: Students will swim all previous skills learned a minimum of 100 yds. each.</p>
<p style="text-align: center;">Level 3 Stroke Development</p> <p>Purpose: Build on the skills in Level 2 by providing additional guided practice. Course Contents: Jump into deep water, dive from kneeling position, tread water, survival float on front and back float, swim front and back crawl using rhythmic breathing, swim using the butterfly kick.</p>	<p style="text-align: center;">Level 6-2 Personal Water Safety and Lifeguard Readiness</p> <p>Course Contents: Tread water, survival float for 5 minutes, tread water using only arms, then only legs for 2 minutes, survival swim 50 yds. while clothed, swim front and back crawl 100 yds. each, swim breast stroke 100 yds., elementary backstroke and sidestroke for 50 yds. each.</p>
<p style="text-align: center;">Level 4.1 Stroke Improvement</p> <p>Purpose: Develop confidence in the strokes learned. Course Contents: Improve front and back crawl strokes using rhythmic breathing, swim longer distances to build strength and endurance, dive while standing, swim under water.</p>	<p style="text-align: center;">Jr. Lifeguarding Course for Ages 11 and Over</p> <p>Purpose: Introduce students to the basic skills of a lifeguard. Course Contents: Students will be introduced to first aid, CPR, choking, observe the beach lifeguards, swim while clothed, perform basic reaching rescues, swim a combination of 500 yds. using a variety of swimming strokes, boat safety and weather emergencies.</p>

***PLEASE NOTE:** This is only a general description of levels. All students must pass Red Cross Standards to move to the next level.