



Swim Lessons

Through the Jumpstart Jefferson Region XII grant and Home State Bank there will be several opportunities for children to participate in free swim lessons. Households may sign up for only one of the free swim lesson sessions. One week prior to the beginning of each free session, a household that is already participating in a free session may attempt to register for an additional session, if space allows.

Session I		Session II	
Date	June 9-12 & June 16-19	Date	June 23– June 27
Day & Time	Monday-Thursday 10:00-10:35 am OR 10:45-11:20 am	Day & Time	Monday-Friday 10:00-11:00 am
Fee	Free (Region XII Jumpstart Jefferson)	Fee	Free (Region XII Jumpstart Jefferson)
Levels	1-6	Levels	1-6
Registration	Opens May 12 additional registration 6/2-6/8	Registration	Opens May 12 additional registration 6/16-6/22
Home State Bank Lessons		Evening Lessons	
Date	July 7- July 11	Date	July 21-24 & July 28-31
Day & Time	Monday-Friday 10:00-11:00 am	Day & Time	Monday-Thursday 5:45-6:20 pm
Fee	Free (Home State Bank)	Fee	\$15 (payable City of Jefferson)
Levels	1-5	Levels	1-6
Registration	Opens May 12 additional registration 6/30-7/6	Registration	Opens May 12
		Deadline	July 11, 2014

Name _____ Grade _____ Birthdate _____

Address _____ City _____ Zip _____ Email _____

Home Phone # _____ Work Phone # _____ Cell # _____

Please check one: Session I— 10 am Session I— 10:45 am Session II
 Home State Bank Evening

Class Level _____ (Sessions I, II & Evening 1-6 available, HSB 1-5 available)

Session I– 228150 Session II– 228150 HSB- 228155 Evening– 228252

Waiver & Medical Authorization

In consideration of being permitted to participate in a Jefferson Park and Recreation Department activity or program I, the undersigned participant (or, if under age 18, the participant's parent or legal guardian on his or her behalf): (i) recognize and acknowledge that such activity may involve risk of bodily injury or property damage, (ii) assume full responsibility for and risk of any bodily injury, damage or loss which may occur as a result of participating in such activity, (iii) release, waive, discharge and covenant not to sue the Jefferson Park and Recreation Department and the City of Jefferson and their administrators, officers, employees, members of governing and advisory bodies, representatives, agents, coaches, officials and volunteers (the "releasees") from all liability to the undersigned for any and all damage or loss, and any claim or demand therefor, on account of injury to my person or property, whether due to negligence of the releasees or otherwise, as a result of participating in any such activity or program, (iv) agree to indemnify and hold harmless the releasees identified above from any and all loss, liability, damage or cost that they may incur as a result of my participation in any such activity or program, (v) in the event of any injury or illness while participating in such activity or program authorize any emergency first aid, medication, medical treatment or surgery deemed necessary by licensed medical personnel, and (vi) consent to my picture being used for publicity or promotional purposes. I HAVE READ AND FULLY UNDERSTAND THIS WAIVER AND MEDICAL AUTHORIZATION AND VOLUNTARILY SIGN IT.

Parent or Guardian Signature: _____ Date: _____
 Does the participant have any condition that would prevent full participation in the above activity?

yes no ie. asthma, diabetes, seizures, allergies (bee stings), etc.

Swimming Lesson Chart

June 9-12 & June 16-19	Session I Free Lessons					
10:00-10:35 am	Class A Level 1	Class B Level 2	Class C Level 3	Class D Level 4	Class E Level 5	Class F Level 6
10:45-11:20 am	Class G Level 1	Class H Level 2	Class I Level 3	Class J Level 4	Class K Level 5	Class L Level 6
June 23- 27 1 week only	Session II Free Lessons					
10:00-11:00 am	Class A Level 1	Class B Level 2	Class C Level 3	Class D Level 4	Class E Level 5	Class F Level 6
July 7- July 11 1 week only	Home State Bank Free Lessons					
10:00-11:00 am	Class G Level 1	Class H Level 2	Class I Level 3	Class J Level 4	Class K Level 5	
July 21-24 & July 28-31	Evening Only Classes					
5:45-6:20 pm	Class M Level 1	Class N Level 2	Class O Level 3	Class P Level 4	Class Q Level 5	Class R Level 6

City of Jefferson Course Levels

Level 1: Swabbies. Course teaches swimmers to feel comfortable in water.

Level 2: Deck Hands. Course begins to teach basic stroke fundamentals.

Level 3: First Mates. Refines skills learned as Deck Hands. Introduction of the fundamentals of the front and back strokes and breaststroke.

Level 4: Skippers. Swimmers gain confidence in prior skills. Introduction of Sidestroke.

Level 5: Captains. Swimmers refine skills on Freestyle, Backstroke, Breaststroke, Sidestroke, and Elementary backstroke. Flip turns and dives will be introduced.

Level 6: Admirals. Prior skills are refined. Swimmers add difficulty to prior skills by swimming further and longer.