

## 2018 Omro Family Aquatic Center Swim Lesson Registration

*A separate form must be completed for each participant, print eligibly*

*\$40 per session, see Omro School District Eligibility*

**Staff Use**

School District: \_\_\_\_\_

Check: \_\_\_\_\_

Cash: \_\_\_\_\_

Staff: \_\_\_\_\_

Participant name: (first, last)	Age:	Enrolled in Omro SD? Yes    No	Special needs:
Parent/ guardian name:	Telephone:		Emergency Contact Name:
Address (street address, city, ZIP):			Emergency Contact Telephone:

**All sessions run Monday-Thursday for three weeks. No classes will be made up if cancelled.** (Circle class)

Session 1: June 11-28						
8:45 – 9:25	Jellyfish	Starfish	Stingray	Barracuda	Water Aerobics	
9:30 – 10:10	Parent Tot	Pollywog	Ad. Jellyfish	Guppy	Ad. Guppy	Ad. Starfish
10:15 – 10:55	Jellyfish	Ad. Jellyfish	Guppy	Starfish	Stingray	Barracuda
11:00 – 11:40	Parent Tot	Pollywog	Ad. Jellyfish	Ad. Guppy	Ad. Starfish	Seals

Session 2: July 9-26	(Circle One) OR	Session 3: July 30-Aug 16	Pre-Lifeguard: Session 3 Only Must be 12 years old and have passed seals OR swim 200 yds. and tread water 5 minutes				
8:00 – 8:40		Ad. Jellyfish	Starfish	Seals	Pre- Lifeguard	Water Aerobics	
8:45 – 9:25		Pollywog	Jellyfish	Guppy	Ad. Guppy	Ad. Starfish	Barracuda
9:30 – 10:10		Parent Tot	Jellyfish	Ad. Jellyfish	Ad. Guppy	Starfish	Ad. Starfish
10:15 – 10:55		Pollywog	Jellyfish	Guppy	Ad. Guppy	Stingray	Barracuda
11:00 – 11:40		Parent Tot	Pollywog	Ad. Jellyfish	Guppy	Starfish	Ad. Starfish

**Participant Waiver:** In consideration of the acceptance of myself or my children's enrollment in this activity, I hereby waive for myself or my child, my heirs, and assigns, all claims for damage which I might have against the instructor, Omro Parks and Recreation Department, or city, or any other participating agency and their employees for any and all injuries which I might receive during this activity. I further understand that the Omro Parks and Recreation Department does not carry medical accident insurance.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / 18

# Omro Family Aquatic Center Swimming Lessons



## Dates:

**Session 1: June 11-28**

**Session 2: July 9-26**

**Session 3: July 30- Aug 16**

Sign Ups: Saturday, March 17 10am-noon and Thursday, March 22 6-8pm

## Class Order

**Parent & Tot-** (1-3 years old) parents help child with swim basics and comfort in water

**Pollywog-** (3-4 years old) swim basics and comfort in water, no parents in water

**Jellyfish, Advanced Jellyfish-** Start to the crawls, bobs and floating

**Guppy, Advanced Guppy-**Expand on crawls and floats, start on elementary backstroke, sidestroke

**Starfish-** kick and crawl w/o support, elem. backstroke, expand sidestroke, start breaststroke

**Advanced Starfish-** expand on endurance of crawls and kicks, further other strokes

**Stingray-**expand on endurance: kick 100 yds, crawls 50 yds, other 25 yds, butterfly 10 yd

**Barracuda-** details, flip turns, tread: crawls 100 yds, other 50 yds, butterfly 25 yds

**Seals-** correct details, turns, endurance: crawls 200 yds, others 100 yds, butterfly 50 yds

**Pre-Lifeguard (ses. 3 only)-** cover lifeguard prerequisites, cover rescues and removals

## Swimming Lesson Info

Class Fee: \$40 (Free with proof of Omro School District, see eligibility below)

Private lessons: \$60 for four half hour sessions, contact pool manager

## Swimming Lessons Rules and Regulations

- There are three sessions of swimming lessons. Each runs Monday through Thursday for three weeks and is 40 minutes a day.
- Parents may sign up for one session at a time, and must finish a session before signing up for another session
- Class limits will be followed, no exceptions.
- Parents are allowed on the deck but not in the water, except Parent Tot
- Swim lessons may be cancelled due to weather, even fun days, and will not be rescheduled.  
Call OFAC or check Facebook for cancellations.

## School District Eligibility

- Any student enrolled or able to be enrolled in the Omro School District system is eligible for free swim lessons  
Including:
  - Students currently enrolled in 4K, but not yet started in 4K
  - Students open enrolled in another district, yet live within the Omro School District
  - Students who are home schooled and live within the Omro School District
- To receive free swim lessons, proof of enrollment is required at time of registration (Report card, letter or other document from district)