

# Mount Vernon Summer Swim Program Registration

Parent \_\_\_\_\_

Child(ren) \_\_\_\_\_

Swim Level (see back) \_\_\_\_\_

Summer Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Registration Fee (\$25 for one child, or \$50 per family) enclosed \_\_\_\_\_  
(Please make check to Town of Mount Vernon)

I understand it is my responsibility to have adequate insurance to cover any injury that results directly or indirectly through participation in this program.

I understand it is my responsibility to stay at the beach until my child's lesson is over.

I understand the swim instructor is not responsible for the supervision of my child before or after lessons.

Signature/Date \_\_\_\_\_

Lessons will be provided by the **Kennebec Valley YMCA** and run from **Monday to Thursday for six weeks, beginning July 8th and ending August 15th.**

Please return form and fee to the **Mount Vernon Town Office, 1997 North Road, Mount Vernon, Maine, 04352.**

If you have questions, please call **Trish** at **293-8012.**

**Please choose the level you feel most appropriate for your child. The instructor will confirm classes on the first day.**

**PIKE (3-to5-years)** Introduction to basic swimming skills like kicking and paddling on their fronts, backs and sides. Pikes will also learn to jump into the water independently and be introduced to safety skills. Flotation devices are used.

**11:30 am-12:00 pm**

**EEL (3-to5-years)** Continue with water safety and developing front, back and side paddles. Rhythmic breathing and sitting dives are introduced. Eels must be able to jump into deep and shallow water without assistance. Flotation devices are used.

**11:00 am- 11:30 am**

**POLLIWOG (6-to12-years)** This class focuses on water adjustment and the basic elements of floating, gliding, rhythmic breathing and paddle stroke. This class is for the beginner swimmer. Flotation devices may be used.

**10:30 am-11:00 am**

**GUPPY (6-to12-years)** Guppy emphasizes rhythmic breathing, basic front, back and side strokes, front crawl, treading water, endurance and deep-water swimming. This class is for the intermediate swimmer.

**10:00 am-10:30 am**

**MINNOW (6-to12-years)** Continued work on front crawl, backstroke, front dives, treading water and survival floating, as well as an introduction to both breaststroke and sidestroke. Children at this level must be able to swim the equivalent of one length of the pool non-stop using rotary breathing.

**9:30 am-10:00 am**

**SHARK (6- to 12-years)** Designed for advanced swimmers, this level focuses on stroke development and endurance. Children continue to improve upon the skills learned at previous levels but with an increased emphasis on distance swimming and conditioning. They are also introduced to the butterfly stroke and flip turns.

**9:00 am-9:30 am**