

## Learn-to-Swim Lessons at Sandy Pond Beach 2023

All classes are \$55.00 per session for Ayer Residents and \$65.00 for non-residents

**Please deduct \$5.00 for each additional child and use a separate for each child. Please make checks out to Ayer Parks and Recreation.**

**Please check off your session and level in either the morning or evening timeframe**

<u>Sessions</u>	<u>Morning</u>	<u>Evening</u>	Classes run Monday to Thursday
<input type="checkbox"/> July 10th- July 20th	<input type="checkbox"/> Level 4 & 5 - 9:45A	<input type="checkbox"/> Level 1 - 5:00 P	<b>Ages 6+</b>  Level descriptions are on the back
<input type="checkbox"/> July 31st- August 10th	<input type="checkbox"/> Level 3 - 10:15 A	<input type="checkbox"/> Level 2 - 5:30 P	
	<input type="checkbox"/> Level 2 - 10:45 A	<input type="checkbox"/> Level 3 - 6:00 P	
	<input type="checkbox"/> Level 1 - 11:15 A	<input type="checkbox"/> Level 4 & 5 - 6:30P	

*\*If you are signing up for both sessions, please indicate the level and time for session 1 only, the session 2 level will be recommended by your instructor. Times are subject to change. Class size is limited to 12 on a first come first serve basis, with a minimum of 3 participants required to hold a class.*

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Guardian's Name: \_\_\_\_\_

Primary Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Please indicate any physical limitations or pertinent medical conditions:

\_\_\_\_\_

Emergency Contact Name and Number: \_\_\_\_\_

I hereby release, discharge, and/or otherwise indemnify the Town of Ayer and the Ayer Park Dept, their affiliated organization sponsors, their employees and associated personnel against any claims by or on behalf of the registrant as a result of the registrant's participation in the Ayer Recreational Swim Instruction Dept.

**Guardian Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

For questions about swimming lessons please contact Matt Blood for general questions at mblood@ayer.ma.us or call 978-501-1531. Thank you for supporting the Ayer Parks Dept!

### Level Descriptions:

**Level 1-** Beginner class focused on water safety and gaining confidence. Skills learning include going underwater, floating, and swimming on their belly or backs. All skills can be completed with assistance.

**Level 2-** Swimmers learn skills in level 1 but will need to complete them without assistance by the end of course. New skills include treading, front crawl, and basic backstroke.

**Level 3-** Swimmers work to increase their endurance by swimming for farther distances. Diving is introduced, as well as the kicks for the sidestroke, breaststroke, and butterfly.

**Level 4-** Swimmers combine their level 3 kicks with the arm motions for the breaststroke, sidestroke, and butterfly. They also increase their distance in the front crawl, back crawl, and elementary backstroke. Diving is perfected.

If you are unsure of your child's level there will be a brief swim ability assessment at the first lesson, there may be some children who move up or down a level at this time. You will be notified prior to the start of the swim session if there is a change in the schedule, otherwise classes will meet as scheduled on the form.

Email will be the primary form of communication for class cancellations and class information. Make-up classes will be held on Fridays or the week after regular lessons and are only for cancellations due to weather or beach closing. Classes will be held during light rain or drizzle, but if there is thunder or lightning, we will send out an email as soon as possible.

*On the days that you have lessons, if you are a non-resident of the town of Ayer you may remain at the beach after your lessons at no charge.*

Park Hours: 10am - 8pm daily

Beach Hours: 12pm - 7pm

***We look forward to another great year at Sandy Pond Beach!***

***Thank you for supporting the Ayer Parks Department!***

## **Infants to 5 Lesson Options at Sandy Pond Beach 2023**

### **6 months to 3 years old: Mommy/Daddy and Me - Saturdays 11:30-12:00**

This class is designed for a parent/child swim in which our certified instructors introduce your child to the water as well as teach parents water safety. Through games and songs children begin to develop early swimming skills in a relaxed environment. One adult is required to be in the water at all times with the child, but 2 guardians are welcome to attend.

### **3 years old to 5 years old: Preschool Lessons - Saturdays 11:00-11:30**

For swimmers unfamiliar with the water. We go over basic water safety and work on being comfortable in the water. Similar to a level 1 class, but less focused on passing or failing skills and more on becoming comfortable with things to do in the water.

**Registration is \$40 for Ayer residents, \$50 for non-residents. Classes will be on Saturdays starting July 8th and consist of six 30 minute sessions. For children wearing diapers please use a swim diaper.**

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Guardian's Name: \_\_\_\_\_

Primary Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Please indicate any physical limitations or pertinent medical conditions:

\_\_\_\_\_

Emergency Contact Name and Number(only for preschool lessons):

\_\_\_\_\_

I hereby release, discharge, and/or otherwise indemnify the Town of Ayer and the Ayer Park Dept, their affiliated organization sponsors, their employees and associated personnel against any claims by or on behalf of the registrant as a result of the registrant's participation in the Ayer Recreational Swim Instruction Dept.

**Guardian Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

For questions about swimming lessons please contact Matt Blood for general questions at [mblood@ayer.ma.us](mailto:mblood@ayer.ma.us) or call

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