

INVERNESS RECREATION CLUB

2017 GROUP LESSON REGISTRATION

Lessons are directed by Nick Tondravi, Nessie Assistant Swim Coach, who will be assisted by several other swim instructors each lesson. Swimmers will be divided into small groups based on ability. Total of nine lessons over a five week period. See below for dates, times, and makeup policy.

Cost: \$120 per child for the 9 lesson package. If you have any questions, contact Nick Tondravi at phone 240-671-7421 or email nit28@pitt.edu.

Lesson Time and Dates: 6:50-7:20 (Tuesday/Thursday):
 6/13, 6/15, 6/20, 6/22, 6/27, 6/29, 7/6, 7/13, 7/18, 7/20 (makeup day)

9 lessons total, 7/20 will be a makeup day if we have inclement weather during the session, and the pool is closed. If we do not have need for an inclement weather night we will play games and hand out certificates and popsicles on 7/20. In the event that we have inclement weather on more than one night, we will do our best to reschedule the lesson after 7/20. There is no class on 7/11, due to a swim meet, and no class on 7/4 due to the 4th of July holiday and the event at the pool that day.

Swim Lesson Levels	
(All groups must have a minimum of 3 students enrolled. We will combine levels if need be to make sure we can have classes. Get your friends to sign –up J)	
Level 4	For younger swim team members, or swimmers who could be on the team, but have too many scheduling conflicts. More individualized, in water, work on their strokes in a smaller setting. Must be 10 and under.
Level 3	Must be able to float and swim through the water on their stomach for 5-10 yards. They must also be comfortable in deep water. The emphasis in this level is on improved freestyle movements, body position, and beginning to work on back stroke.
Level 2	Must be able to comfortably submerge their heads, and float independently. Emphasis is on proper body position while kicking on both back and stomach, and basic freestyle and breast stroke arm movements.
Level 1	Little to no experience in the water. They may still have some fear of the water, but must participate without a parent. The emphasis is on body position, kicking, floating, and feeling comfortable putting their heads under the water.
Lesson instructors ask that all children participate in lessons without goggles (except level 4). This helps the child learn to swim without goggles, and prevents them from developing a fear of getting water in their eyes.	

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Registration Information (Please Print)

Parent Name (Last, First):

Address:

Phone Number

E-mail address :

Child's Name _____ Age _____

Level _____ (see below, parent to provide initial level if possible)

Child's Name _____ Age _____

Level _____ (see below, parent to provide initial level if possible)

Child's Name _____ Age _____

Level _____ (see below, parent to provide initial level if possible)

Acceptance/Waiver

As the parent or legal guardian of the child(ren) being registered for the Inverness Recreation Club Group Swimming Lessons, I represent to Inverness Recreation Club, Georgetown Aquatics, and their respective contractors, agents, and board members (together, the "Swim Club") that my child(ren) is/are in good health and has/ve no medical or other conditions that would prevent him/her/them from participating or result in injury or harm from participating in swimming lessons. In consideration of receipt of swimming lessons for my child(ren), I hereby release and agree to indemnify and hold harmless the Swim Team from any liability, loss, cost, claim, or damage that may result to the Swim Club as a result of or arising out of my child(ren)'s participation in swimming lessons. I also agree that my child(ren) may be filmed or photographed and that photos or videos of my child(ren) may be in Swim Club promotional materials and on the Swim Club's website.

Parent Signature: _____ Date: _____