

Parks and Recreation • 100 Lockville Road, Pickerington, OH 43147 • ph: 614-833-2211 • fax: 614-833-2201 • www.pickerington.net

## 2022 Private Swim Lesson Request Form

Participant's Name	Paren	t(s) Name(s)					
Address			Participant's Date of Birth				
City	State	Zip	Participan	ťs Age	M/F		
Phone (Home)	(Cell)		(Work)				
Email (Required)							
Emergency Contact	Phone			Relationship			
Private Swim Lesson Information:			Based on the Swim Lesson Levels described on the back of this form, what level best describes the participant's current swimming skills (regardless of				
Private Swim Lessons are available at Pickering	ton Community Pool beginning June 6.	age)?					
Private Swim Lessons are \$25 per 30 minute s each lesson at the Pickerington Community Poo		or to		ssons?			
	Private Swim Lessons, turn in a completed Private Swim Lesson Request Form I Manager at the Pickerington Community Pool and a swim instructor will contact 1 week to schedule the private lesson.		(Circle all that apply)				
Private Swim Lesson Requests do not guarantee availability of an instructor. Participant and instructor availability can impact the ability to fulfill Private Swim Lesson Requests. Private Swim Lesson Requests will not be accepted after July 11.		(Circlo al	ne(s) are you available I <i>that apply)</i> Mornings	for Private Swim I	Lessons? Evenings		
All Private Swim Lessons must be completed by July 29.		What sp	What specific goals or skills are you wanting to achieve?				
Failure to show up or notify the Pickerington hours before your Private Swim Lesson is sche next Private Swim Lesson is completed.	Community Pool 614-864-3483 at least duled will result in a \$25 penalty before th	2 he					
If you arrive late to a lesson, the instructor will lesson and is not expected to teach beyond the		ed					
No refunds will be given for Private Swim Les	ssons.	How ma	any Private Lessons do	you plan to utilize	?		
Accepted methods of payment include: C Pickerington, VISA and MasterCard.	epted methods of payment include: Cash, Checks made payable to City of Do you want to request a specific instructor? If so, please			o, please list below	<i>N</i> .		
City of Pickerington charges a \$35 returned of	check fee.						

Participant Information:								
Private Swim Lesson Log								
Date	Start Time	Parent Signature	Instructor Signature	ctor Signature \$25 Payment (cash, check, CC)				

Additional log on back of form

#### Office Use Only: Final Swim Lesson Date: \_

#### Swim Lesson Level Completed

#### Waiver for Participation

In consideration of permission granted to me or my child to engage in recreational activities and reservations, I, the undersigned, on behalf of myself, my heirs, executors, administrators and assigns, do hereby release and discharge the City of Pickerington, its employees, public officials, agents, officers, assigns and volunteers for any and all injuries suffered by myself and my child, claims, demands, actions, judgments and executions, which might occur on City of Pickerington premises and/or during City of Pickerington sponsored activities. I recognize and voluntarily accept all of the potential risks and hazards associated with participating in said activities, no matter how remote and unlikely. Further, I recognize the inherent danger involved in such activities and take full responsibility for my actions and physical condition. I hereby consent to receive medical treatment and hereby consent on behalf of my child to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event. I do hereby grant and give these groups the right to use my or my child's photograph or image with or without my or my child's name, both single and in conjunction with any persons or objects for any and all purposes including, but not limited to, private or public presentations, advertising, publicity and promotion relating thereto without compensation. I warrant that I have the right to authorize the foregoing uses and do hereby agree to hold the City of Pickerington harmless of and from any and all liability of whatever nature, which may arise out of result of such uses. The City of Pickerington reserves the right to cancel this agreement or make a decision on any situation not covered herein. I hereby acknowledge that he/she has read and agrees to comply with the terms and conditions of this agreement. For the consideration stated above, I hereby agree, on behalf of myself, my heirs, executors, administrators and assigns, to indemnify any, all or any combination of t

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# This is a progressive swim program. Child must prove competency from previous level they attended.

*Pre-requisite*: Child must be potty trained and willing to get into shallow water without a parent or any floatation device.

#### Introduction to Swim Lessons

## Jellyfish – Level 1 (2 foot depth)

## Skills to pass:

- Blow Bubbles
- Kick on marshmallow with assistance
- Submerge face under water
- Kick on steps with straight legs and pointed toes
- Submerge whole body underwater
- Enter and exit water safely
- Bobbing motion by putting eyes, chin, ears and nose under water each time
  Optional go down slide with assistance

# Frog – Level 2 (2 foot depth)

## Skills to pass:

- Kick on marshmallow
- Front and back float with assistance
- Front crawl arms with assistance
- Optional go down slide with assistance

## Manatee – Level 3 (2-5 foot depth)

## Skills to pass:

- 10 bobs in chest deep water
- Front and back float
- Front and back crawl arms with assistance
- Front and back kick with assistance
- Front and back glide with assistance
- Retrieve object in chest deep water
- Jump in chest deep water and recover
- Go down slide with assistance

## Penguin – Level 4 (2-5 foot depth)

- Skills to pass:
  - Front and back crawl arms
  - Front and back kick
  - Front and back glide
  - Jump in water over head and recover
  - Float in water over head while wearing a lifejacket
  - Jump off diving board with assistance

#### Alligator – Level 5 (3-5 foot depth) Skills to pass:

- 10 bobs in water over head
- Front and back crawl for 12.5 meters
- Elementary backstroke for 12.5 meters with assistance
- Retrieve object in water over head
- Tread water for 30 seconds
- Kneeling and standing front dive with assistance
- Go down slide
- Jump off diving board

#### Flying Fish – Level 6 (5 foot depth)

#### Skills to pass:

- Front and back crawl for 25 meters
- Elementary backstroke for 25 meters
- Breaststroke kick for 12.5 meters with assistance
- Sidestroke for 12.5 meters with assistance
- Tread water for 1 minute
- Standing front dive

### Dolphin - Level 7 (5 foot depth)

#### Skills to pass:

- Front and back crawl for 50 meters
- Elementary backstroke for 50 meters
- Breaststroke for 25 meters
- Sidestroke for 25 meters
- Tread water for 2 minutes
- Front dive off diving board

		Private Swim Lesson Lo	og – Continued from front		
Date	Start Time	Parent Signature	Instructor Signature	\$25 Payment (cash, check, CC)	Receipt Number
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