



Department of Parks & Recreation
 Recreation Division
 101 Field Point Road - Greenwich, CT 06836-2540
 Phone: 203-618-7649 Email: recreation@greenwichct.org



2024 Spring Swim

ACTIVITY NUMBER: 10702

DESCRIPTION: Youth swim lessons of eight, one-half hour sessions. See page 2 for descriptions of each level of classes offered. Class schedule may be changed or canceled according to enrollment and demand.

ELIGIBILITY: Lessons for youth ages 4 and up. Parent/child swim for ages 2-4 years approximately. See Goals and Guidelines for Swimming Lessons on page 2. Must provide copy of birth certificate or legal guardianship if not submitted for past Town recreation program(s).

SCHEDULE: Saturdays, March 16 through May 18. **NO classes on Saturday, March 23 and Saturday, April 6.** Weather and activity updates will be available on our Recreation Sports website at: www.teamsideline.com/greenwichct. In addition, you can call the weather hotline at 203-861-6100.

LOCATION: Greenwich High School Pool, 10 Hillside Road. (Entrance is at the back of GHS).

FEES: Greenwich Resident: \$130 per child
 Non Resident \$150 per child payable to "Town of Greenwich".

We accept all major credit cards for online registration. There are no refunds and we do not pro-rate fees. Requests for credit will only be considered if received in writing, prior to the start of the program. There is a \$20 administrative fee for credits and a \$25 fee for any returned checks.

SECTION NUMBER	CLASS LEVEL	TIMES
01	Parent / Child – No Instructors for this class	10:30 a.m. - 11 a.m.
02	Parent / Child – No Instructors for this class	11:50 a.m. - 12:20 p.m.
03	Goldfish (Ages 4-5)	8:30 a.m. - 9 a.m.
04	Goldfish (Ages 4-5)	9:10 a.m. - 9:40 a.m.
05	Goldfish (Ages 4-5)	9:50 a.m. - 10:20 a.m.
06	Goldfish (Ages 4-5)	11:10 a.m. - 11:40 a.m.
07	Goldfish (Ages 4-5)	11:50 a.m. - 12:20 p.m.
08	Goldfish (Ages 4-5)	12:30 p.m. - 1:00 p.m.
09	Level I	9:10 a.m. - 9:40 a.m.
10	Level I	10:30 a.m. - 11 a.m.
11	Level I	11:50 a.m. - 12:20 p.m.
12	Level I	12:30 p.m. - 1:00 p.m.
13	Level II	9:50 a.m. - 10:20 a.m.
14	Level II	11:10 a.m. - 11:40 a.m.
15	Level III	10:30 a.m. - 11 a.m.
16	Level IV	8:30 a.m. - 9 a.m.

REGISTRATION:

- Online: Opens **Thursday, February 1** – online registration is available to Greenwich residents. To register online go to: www.greenwichct.org/webtrac and SIGN IN to your account. **2024** residency must be verified before applying for this activity. Visit www.greenwichct.gov/residency.
- Mail-in for non account holders: Begins **Thursday, February 15**. Non-account holders: primary family member and all participating family members, over 25 years, must provide identification and proof of address. Participants under 25 years, require a copy of birth certificate or legal guardianship. Application should not be post-marked earlier than February 15.

Make check payable to: “Town of Greenwich” and mail to:

Spring Swim
Department of Parks and Recreation
P.O. Box 2540
Greenwich, CT 06836-2540

YOUTH SCHOLARSHIPS: The parks and Recreation Department has established a Youth Scholarship Program which provides financial assistance to qualifying residents. Visit our website for more information or to register: www.greenwichct.gov/youthscholarships.

PHOTOS: The Parks and Recreation Department reserves the right to use program or event photographs including participants in official Town of Greenwich media only (Website, newsletter, flyers and advertisements, Facebook, and/or Instagram). Please contact the Recreation Office if you object to the use of photographs of you or your child(ren) in Town media.

GOALS and GUIDELINES for SWIMMING LESSON CLASS LEVELS

PARENT/CHILD	APPROXIMATE AGES 2-4 , Child must be walking and potty trained. One adult (parent or guardian) per child must be in the water. Basic water safety, blowing bubbles, going under, kicking, reaching with arms, using a kickboard. This is an opportunity for the parent to get the child accustomed to the pool water. No instructors for this class.
PRE SCHOOL “GOLDFISH”	AGES 4-5 Water entrance/exit, buoyancy, bubble blowing, submerge head, bobbing, finning, kicking, floating-back/front, roll front to back and back to front, jump into the pool, open eyes under water.
LEVEL I	AGES 6 AND UP INTRODUCTION Water entrance/exit, buoyancy, bubble blowing, submerge head, bobbing, finning, kicking, floating-back/front, roll front to back and back to front, jump into the pool, open eyes under water. Treading, rhythmic bobbing, gliding, position changing, arm/leg action.
LEVEL II	AGES 6 AND UP FUNDAMENTALS Child should have passed Level I All of the above plus: Introduction to rhythmic breathing, rotary breathing, longer gliding/floating, alternating arm/leg actions, combined arm/leg actions.
LEVEL III	AGES 6 AND UP STROKE DEVELOPMENT Child should have passed Level II All of the above plus: Deep water jump and recovery, seated head first entry, survival floating, position changing in deep water, introduction to all strokes EXCEPT butterfly.
LEVEL IV	AGES 6 AND UP STROKE IMPROVEMENT Child should have passed Level III All of the above plus: Butterfly stroke.



2024 Activity Program Registration

Email: recreation@greenwichct.org

	H/H #
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Program Name:	Activity #:	Section #:	
Participant's Name:		Gender:	
Birth date:	Age:	School:	Grade:
Parent/Guardian:			
Address:	Town:	State:	Zip Code:
Cell Phone:		Email:	
Addition information:			

In Case of Emergency:		
Name:	Phone:	Relationship:
List any physical restriction:		
Allergies:		

INDEMNIFICATION AND RELEASE

THIS IS A LEGALLY BINDING DOCUMENT. DO NOT SIGN IT UNTIL YOU HAVE READ THE CONTENTS HEREOF AND UNDERSTAND THE SAME. IF YOU ARE IN DOUBT, CONSULT AN ATTORNEY PRIOR TO SIGNING THIS DOCUMENT.

The Undersigned (hereinafter referring to myself, my minor children or charges, my heirs and assigns) hereby agree(s) to assume all risk and bear all responsibility and to indemnify and hold the TOWN OF GREENWICH, its agents, representatives, servants, officers, and employees, harmless from and against any and all claims, demands, suits, proceedings, liabilities, judgments, awards, losses, damages arising out of injuries to any persons or property, including any and all costs and expenses incurred in the defense of such claims, demands, suits and proceedings including court costs and attorneys' fees resulting from, arising out of, or in any way related to or connected with my/our participation in the _____ program sponsored by the Town of Greenwich/use of Town of Greenwich property/facilities/apparatus or equipment thereof.

The Undersigned, does forever discharge the Town of Greenwich, its agents, representatives, servants, officers and employees from any and all claims including claims of negligence or carelessness, alleging damages and any and all causes of action which the Undersigned may have or may hereafter have, arising out of, related to, or in any manner connected with injuries or damages the Undersigned may sustain by reason of my participation in the above-described program or use of the Town of Greenwich property, facilities, apparatus or equipment.

The Undersigned, the participant or parent/guardian of the above-named person, who participates in programs organized by the Town of Greenwich Department of Parks and Recreation, assumes all risks and hazards incidental to the conduct of the activity and transportation to and from the activity. I am aware that participating in any recreational program can be a dangerous activity involving many risks of injury. I further understand there is inherent risk associated with the(se) activity(ies) and authorize emergency medical treatment and transportation in my absence.

Dated at Greenwich, Connecticut, this _____ day of _____ 202__.

Signature of Participant: _____
(or Parent or Guardian for participants under 18 years of age)

Date:	Check#	Receipt#	Proof _	Initials
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