



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



# 2022 Spring Swim Program

**LOCATION:** Greenwich Boys and Girls Club, 4 Horseneck Lane, Greenwich

**SESSION DATES:** Saturdays, March 19 through May 14. **NO classes on Saturday, April 16.**

**REGISTRATION DATES:** Space is limited and registration is first come, first serve.

- **Online: Tuesday, February 1** – online registration is only available to Greenwich residents. To register online go to: [www.greenwichct.org/webtrac](http://www.greenwichct.org/webtrac) and sign in to your account.
- **Mail-in for non-account holder/ non-residents: Tuesday, February 22** - Application should not be postmarked earlier than February 22.

We accept Visa, MasterCard, American Express and Discover credit cards for resident 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 \$15 administrative fee for credits and a \$25 fee for any returned checks.

2022 Residency must be verified before completing this application. [www.greenwichct.gov/residency](http://www.greenwichct.gov/residency)

Non-residents: 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, passport, or guardianship.

## GROUP LESSONS

**ACTIVITY NUMBER:** 10702

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

**COVID-19 safety measures shall be in effect as necessary and are subject to change.**

**AGES & PRE-REQUISITES:** Lessons for youth ages 4 and up. Parent/child swim for ages 2-4 years approximately. Children under 12 years of age must be accompanied at all times by a responsible adult, 18 years or older. See Goals and Guidelines for Swimming Lessons on page 2.

**FEE:** \$120 per child payable to "Town of Greenwich"

SECTION NUMBER	CLASS LEVEL	TIMES	SECTION NUMBER	CLASS LEVEL	TIMES
01	Parent / Child – <b>No Instructors</b>	12 p.m. - 12:30 p.m.	10	Level I	2 p.m. - 2:30 p.m.
02	Parent / Child – <b>No Instructors</b>	2 p.m. - 2:30 p.m.	11	Level I	3:20 p.m. - 3:50 p.m.
03	Goldfish ( <b>Ages 4-5</b> )	12 p.m. - 12:30 p.m.	12	Level I	12:40 p.m. – 1:10 p.m.
04	Goldfish ( <b>Ages 4-5</b> )	12:40 p.m. - 1:10 p.m.	13	Level II	1:20 p.m. - 1:50 p.m.
05	Goldfish ( <b>Ages 4-5</b> )	1:20 p.m. - 1:50 p.m.	14	Level II	2:40 p.m. – 3:10 p.m.
06	Goldfish ( <b>Ages 4-5</b> )	2:40 p.m. - 3:10 p.m.	15	Level III	2 p.m. – 2:30 p.m.
07	Goldfish ( <b>Ages 4-5</b> )	3:20 p.m. - 3:50 p.m.	16	Level IV	12 p.m. – 12:30 p.m.
08	Goldfish ( <b>Ages 4-5</b> )	4 p.m. - 4:30 p.m.			
09	Goldfish ( <b>Ages 4-5</b> )	4 p.m. - 4:30 p.m.			

## GOALS and GUIDELINES for SWIMMING LESSON CLASS LEVELS

<b>PARENT/CHILD</b>	<p><b>APPROXIMATE AGES 2-4</b>, Child must be walking and toilet trained.</p> <p>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. <b>No instructors for this class.</b></p>
<b>PRE SCHOOL "GOLDFISH"</b>	<p><b>AGES 4-5</b></p> <p>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.</p>
<b>LEVEL I</b>	<p><b>AGES 6 AND UP INTRODUCTION</b></p> <p>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.</p>
<b>LEVEL II</b>	<p><b>AGES 6 AND UP FUNDAMENTALS</b></p> <p>Child should have passed Level I</p> <p>All of the above plus: Introduction to rhythmic breathing, rotary breathing, longer gliding/floating, alternating arm/leg actions, combined arm/leg actions.</p>
<b>LEVEL III</b>	<p><b>AGES 6 AND UP STROKE DEVELOPMENT</b></p> <p>Child should have passed Level II</p> <p>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.</p>
<b>LEVEL IV</b>	<p><b>AGES 6 AND UP STROKE IMPROVEMENT</b></p> <p>Child should have passed Level III</p> <p>All of the above plus: Butterfly stroke.</p>



**2022 Activity  
Program Registration**  
Email: [recreation@greenwichct.org](mailto:recreation@greenwichct.org)

	H/H #
--	-------

<b>SPRING SWIM</b>	<b>10702</b>	<b>Section #:</b>
--------------------	--------------	-------------------

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
-------	--------	----------	---------	----------

# CONCUSSION INFORMATION SHEET



**HEADS UP  
CONCUSSION**

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.



## HOW CAN I SPOT A POSSIBLE CONCUSSION?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### SIGNS OBSERVED BY PARENTS OR COACHES

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can’t recall events prior to or after a hit or fall.

### SYMPTOMS REPORTED BY CHILDREN AND TEENS

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

## WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

## WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A POSSIBLE CONCUSSION?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

## HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - » Work with their coach to teach ways to lower the chances of getting a concussion.
  - » Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - » Ensure that they follow their coach's rules for safety and the rules of the sport.
  - » Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



TO LEARN MORE GO TO >> [cdc.gov/HEADSUP](http://cdc.gov/HEADSUP)

JOIN THE CONVERSATION AT

↳ [www.facebook.com/CDCHEADSUP](http://www.facebook.com/CDCHEADSUP)

Content Source: CDC's HEADS UP campaign. Customizable HEADS UP fact sheets were made possible through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).