



MARTINSBURG-BERKELEY COUNTY PARKS & RECREATION BOARD
2021 YOUTH SWIM LESSONS

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Ages 6 AND UP (as of first day of class)
FEES: Levels 1 & 2—\$60 per two-week session
Levels 3-5—\$70 per two-week session
One Participant Per Form



**MORNING AND EVENING TIMES ARE AVAILABLE. SEE CLASS SESSION
 OPTIONS ON BACK.**

- **LEVELS 1 & 2** (30 MINUTE SESSIONS)
- **LEVELS 3-5 MORNINGS** (50 MINUTE SESSIONS)
- **PRIVATE LESSONS:** Please email info@mbcparks-rec.com for details

LEVELS 1-5 Lesson sessions are two-weeks in length at the specified times above. Participants may only attend during the time specified on their signed registration form. Please note, classes with low enrollments may be rescheduled or cancelled.

Name: _____ Birthdate: _____ Age: _____

Address: _____ City/State/Zip _____

Mobile Phone #: _____ Cell Phone Carrier (For Text Msgs): _____

Parent/Guardian: _____ E-mail: _____

Medical Concerns? Y N *If yes, please explain:* _____

Class Number(s): _____

Please be sure the application is signed by a parent or guardian and hand-delivered or mailed to Martinsburg-Berkeley County Parks & Recreation, 273 Woodbury Avenue, Martinsburg, WV 25404, Monday-Friday, 8:30 AM—5PM. You may also register online at our website: www.mbcparcs-rec.org (please note there is a small convenience fee when registering using a credit card online or in person). For more information contact our Administrative Office at Parks & Recreation at 304-264-4842.

LIABILITY WAIVER: As a parent (legal guardian) of the above named minor, I grant permission for this minor to participate in all activities of this sports program. I assume all risks and hazards incidental to participating in this sports camp program. I do hold harmless the Martinsburg-Berkeley County Parks & Recreation Board, the coaches, assistant coaches, and any and all other volunteers, participants, and organizers for any claims arising out of injury to my child except to the extent and the amount covered by the accident or liability. **MEDICAL RELEASE:** I further grant permission for emergency first aid to be given to my child in the case of medical injury or emergency. If necessary, I grant permission for my child to be taken to the emergency room of a nearby hospital, and its staff has my authorization to provide treatment which a physician deems reasonably necessary for the well-being of my child. **PHOTOS:** The Martinsburg-Berkeley County Parks and Recreation Board reserves the right to take pictures at all events and programs. Pictures may be displayed in future Parks and Recreation brochures and publications. **REFUND POLICY:** Martinsburg-Berkeley County Parks and Recreation will give full refunds only for programs/leagues we are unable to offer. **INCLEMENT WEATHER POLICY:** Please check our website www.mbcparcs-rec.org or Facebook for information on updates, upcoming programs, leagues cancellations or changes. The instructor may also contact you with any information. **COVID-19 RELEASE:** See back for COVID-19 release waiver. By signing below, you indicate you have read and accept both sides of this document.

(continued on back)

Signature: _____ Date: _____

(Continued from front)

COVID-19 LIABILITY RELEASE: I acknowledge the contagious nature of the Coronavirus COVID-19 and that the CDC and many other public health authorities still recommend practicing social-distancing. I further acknowledge that M-BC Parks & Recreation has put in place preventative measures to reduce the spread of the Coronavirus COVID-19. I further acknowledge that M-BC Parks & Recreation cannot guarantee that I will not become infected with the Coronavirus/ Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others. I voluntarily seek services provided by M-BC Parks & Recreation and acknowledge that I am increasing my risk to exposure to the Coronavirus COVID-19. I acknowledge that I must comply with all set procedures to reduce the spread while attending your facilities. I attest that:

- I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- I have not traveled internationally within the last 14 days.
- I have not traveled to a highly impacted area within the United States of America in the last 14 days.
- I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/ COVID-19 in the last 14 days.
- I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.
- I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/ COVID-19.

I hereby release and agree to hold M-BC Parks & Recreation harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of M-BC Parks & Recreation, or that may otherwise arise in any way in connection with any services received from M-BC Parks & Recreation. I understand that this release discharges M-BC Parks & Recreation from any liability or claim that I, my heirs, or any personal representatives may have against M-BC Parks & Recreation with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from M-BC Parks and Recreation. This liability waiver and release extends to the administration, staff, partners, and employees.

ADDITIONAL INFORMATION: If your child participated in our program last year, you should have received an email with the level for which you should register that child this year. If that is different from what was indicated on last year's skills card, please go by the information on the card. (For example, 1 = Level 1, 2 = Level 2, 3 = Level 3, 4B = Level 4 Beginners, 4A = Level 4 Advanced, 5 = Level 5, 4's = 4-year-olds, 5's = 5-year olds, etc.) **Please note:** All skills in a level must be mastered before a student is moved to the next level. **Completing a two-week class is not an automatic move to the next level.**

LEVEL 1 Ages: Must be 6 by first class

Introduction to Water Skills. Purpose: Help students feel comfortable in the water. Basic water safety rules; using a life jacket; submerging mouth; nose and eyes; opening eyes underwater and picking up submerged object. Swimming on front and back using arm and leg actions. Recognizing a swimmer in distress and getting help. Exhaling underwater and floating on front and back. **Two-week sessions; each class 30 min. (Monday-Friday)**

MORNINGS:

- 4106.3001 June 14 — June 25 (9:00AM)
- 4106.3002 June 14 — June 25 (9:40AM)
- 4106.3003 June 14 — June 25(10:20AM)
- 4106.3004 July 5 — July 16 (9:00AM)
- 4106.3005 July 5 — July 16 (9:40AM)
- 4106.3006 July 5 — July 16 (10:20AM)
- 4106.3008 July 19 — July 30 (9:40AM)
- 4106.3009 July 19 — July 30 (10:20AM)

EVENINGS:

- 4106.3010 June 14 — June 25 (5:30PM)
- 4106.3011 June 14 — June 25 (6:10PM)
- 4106.3012 June 14 — June 25 (6:50PM)
- 4106.3013 July 5 — July 16 (5:30PM)
- 4106.3014 July 5 — July 16 (6:10PM)
- 4106.3015 July 5 — July 16 (6:50PM)
- 4106.3016 July 19 — July 30 (5:30PM)
- 4106.3017 July 19 — July 30 (6:10PM)
- 4106.3018 July 19 — July 30 (6:50PM)

LEVEL 2 Ages: 7 & Up

Fundamental Aquatic Skills. Purpose: Give students success with fundamental skills. Moving in the water while wearing a life jacket, submerging entire head, front and back glide, treading water using arm and leg motions. Recognizing a swimmer in distress and getting help. Bobbing in water. Jellyfish float, swimming using combined stroke on front and back. **Two-week sessions; each class 30 min. (Monday-Friday)**

MORNINGS:

- 4107.3001 June 14 — June 25 (9:00AM)
- 4107.3002 June 14 — June 25 (9:40AM)
- 4107.3003 June 14 — June 25 (10:20AM)
- 4107.3004 July 5 — July 16 (9:00AM)
- 4107.3005 July 5 — July 16 (9:40AM)
- 4107.3006 July 5 — July 16 (10:20AM)
- 4107.3007 July 19 — July 30 (9:00AM)
- 4107.3008 July 19 — July 30 (9:40AM)
- 4107.3009 July 19 — July 30 (10:20AM)

EVENINGS:

- 4107.3010 June 14 — June 25 (5:30PM)
- 4107.3011 June 14 — June 25 (6:10PM)
- 4107.3012 June 14 — June 25 (6:50PM)
- 4107.3013 July 5 — July 16 (5:30PM)
- 4107.3014 July 5 — July 16 (6:10PM)
- 4107.3015 July 5 — July 16 (6:50PM)
- 4107.3016 July 19 — July 30 (5:30PM)
- 4107.3017 July 19 — July 30 (6:10PM)
- 4107.3018 July 19 — July 30 (6:50PM)

LEVEL 3 Ages: 8 & Up

Stroke development. Purpose: Build on the skills in Level 2 by providing additional guided practice. Reaching assist, submerging and retrieving an object, front and back glide, front and back crawl, kneeling or standing dive (shallow dive progression) rotary breathing in horizontal position, survival float, back float, butterfly-kick and body motion. **Two-week sessions; each class 50 min. (Monday-Friday)**

MORNINGS:

- 4108.3001 June 14 — June 25 (9:00AM)
- 4108.3002 June 14 — June 25 (10:00AM)
- 4108.3003 July 5 — July 16 (9:00AM)
- 4108.3004 July 5 — July 16 (10:00AM)
- 4108.3005 July 19 — July 30 (9:00AM)
- 4108.3006 July 19 — July 30 (10:00AM)

EVENINGS:

- 4108.3007 June 14 — June 25 (5:30PM)
- 4108.3008 June 14 — June 25 (6:30PM)
- 4108.3009 July 5 — July 16 (5:30PM)
- 4108.3010 July 5 — July 16 (6:30PM)
- 4108.3011 July 19 — July 30 (5:30PM)
- 4108.3012 July 19 — July 30 (6:30PM)

LEVEL 4 BEGINNERS Ages: 9 & Up

Stroke development. Purpose: To develop confidence in the strokes learned and improve other aquatic skills. Butterfly kick and the survival float. Introduces the breaststroke, backstroke, butterfly, and sidestroke kicks. Students will be expected to coordinate the breaststroke. Safe diving rules. **Two-week sessions; each class 50 min. (Monday-Friday)**

MORNINGS:

- 4109.3001 June 14 — June 25 (9:00AM)
- 4109.3002 July 5 — July 16 (10:00AM)
- 4109.3003 July 19 — July 30 (10:00AM)

EVENINGS:

- 4109.3004 June 14 — June 25 (5:30PM)
- 4109.3005 July 5 — July 16 (6:30PM)
- 4109.3006 July 19 — July 30 (6:30PM)

LEVEL 4 ADVANCE Ages: 9 & Up

Stroke development. Purpose: To develop confidence in the strokes learned and improve other aquatic skills. Continuing refining all strokes. Introduces the Butterfly arms and the Sidestroke arms. Students will be expected to coordinate the Butterfly and the Sidestroke as well as front and back crawl. Survival Float for 1 minute. **Two-week sessions; each class 50 min.** (Monday-Friday)

MORNINGS:
 4110.3001 June 14 — June 25 (10:00AM)
EVENINGS:
 4110.3003 July 5 — July 16 (5:30PM)
 4110.3004 July 19 — July 30 (5:30PM)
LEVEL 5 Ages: 10 & Up

Stroke Refinement. Purpose: Provide further coordination and refinement of strokes. Survival swimming, standing dive (diving progression), open turns on front and back, front and back crawl. Performing rescue breathing, tuck surface dive and pike surface dive, front flip turn and backstroke flip turn. Elementary backstroke, butterfly, breaststroke, sidestroke. **Two-week sessions; each class 50 min.** (Monday-Friday)

MORNINGS:
 4111.3001 July 5 — July 16 (10:00AM)
EVENINGS:
 4111.3003 July 19 — July 30 (6:30PM)
LEVEL 1: INTRODUCTION TO WATER SKILLS

Purpose: Help students feel comfortable in the water.

- Basic water safety rules
- Swimming on front and back using arm and leg actions
- Using a life jacket
- Recognizing a swimmer in distress and getting help
- Submerging mouth, nose and eyes
- Exhaling underwater
- Opening eyes underwater and picking up submerged object
- Floating on front and back

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Purpose: Give students success with fundamental skills.

- Moving in the water while wearing a life jacket
- Recognizing a swimmer in distress and getting help
- Submerging entire head
- Bobbing in water
- Front and back glide
- Jellyfish float
- Treading water using arm and leg motions
- Swimming using combined stroke on front and back

LEVEL 3: STROKE DEVELOPMENT

Purpose: Build on the skills in Level 2 by providing additional guided practice.

- Reaching assist
- Kneeling or standing dive (shallow dive progression)
- Submerging and retrieving an object

- Rotary breathing in horizontal position
- Front and back glide
- Survival float, back float
- Front and back crawl
- Butterfly-kick and body motion

LEVEL 4: BEGINNER & ADVANCED—STROKE DEVELOPMENT

Purpose: Develop confidence in the strokes learned and improve other aquatic skills.

- Safe diving rules
- Throwing assist
- Dive from stride position or shallow dive
- Feet-first surface dive
- Survival float, back float
- Front and back crawl
- Elementary backstroke, breaststroke, butterfly

LEVEL 5: STROKE REFINEMENT

Purpose: Provide further coordination and refinement of strokes.

- Survival swimming
- Performing rescue breathing
- Standing dive (diving progression)
- Tuck surface dive and pike surface dive
- Open turns on front and back
- Front flip turn and backstroke flip turn
- Front and back crawl
- Elementary backstroke, butterfly, breaststroke, sidestroke