

# Town of Rosendale Pool

## Swim Lesson Sign Up 2023

### Sessions:

- Session 1: Monday, June 26 - Friday, July 7  
Session 2: Monday, July 10 - Friday, July 21  
Session 3: Monday, July 24 - Friday, August 4

### Levels:

- **Parent & Me (Ages 3 & under)**
  - A chance for parents to familiarize their child with the water.
  - Parents will learn how to hold their child in the water and how to encourage them to put their head under.
- **Level 1- Introduction to Water (Ages 3+)**
  - For the beginner who is comfortable in the water.
  - Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.
- **Level 2 – Fundamental Aquatic Skills (Age 4+)**
  - Swimmers should already be able to float on front and back and put their head under water.
  - Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.
- **Level 3 – Stroke Development (Ages 5-6+)**
  - Swimmers should already be comfortable swimming the front crawl and swimming on their back.
  - Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water.
- **Level 4-Stroke Improvement (Ages 6-7+)**
  - Swimmers entering this level must possess a Level 3 certificate or demonstrate all the Level 3 skills.
  - Swimmers will work on: diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for conscious choking victim.
- **Level 5-Stroke Refinement (Age 7+)**
  - Swimmers entering this level must possess a Level 4 certificate or demonstrate all the Level 4 skills
  - Swimmers will work on: shallow dive, tuck and pike surface dives, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing

### Lesson Fees:

Resident Child: \$50.00 each, per session  
Non-Resident Child: \$70.00 each, per session

### Description:

Our lessons will be available throughout the morning hours of July and August. Each session includes ten (10) 30-minute lessons over a 2-week period. Lessons are held Monday through Friday.

Parents and/or guardians do not have to pay any fees to enter the pool to attend lessons. If you would like to come early, please come no earlier than 15 minutes before your lesson time.

Please have your child wait in front of the bathhouse, near the lifeguard room until their lesson time is announced. Attendance is taken every lesson. If you know when you will be missing a lesson, please let us know.

If you ever have any questions, or concerns, please let us know! We're looking forward to a great summer.

**Town of Rosendale Pool**  
**Swim Lesson Sign Up 2023**

**Child's Name:** \_\_\_\_\_  
 First and Last (Please Print)

**Age:** \_\_\_\_\_ **Gender (Circle One):** M or F

**Residency (Circle One):** Resident Child Non-Resident Child

After deciding which session(s) your child will attend, please write which time slot next to the correct session. Also indicate which level your child will enter at the beginning of lessons. For those doing more than one session, your child's level for the second session will be decided by the teacher.

**Session 1: 6/26 - 7/7**

**Session 2: 7/10 - 7/21**

**Session 3: 7/24 - 8/4**

**Time slots for all three sessions:**

9:00 - 9:30 - Levels 1,2,3

9:30 - 10:00 - Levels 1,2,3

10:00 - 10:30 - Levels 1,2,3

10:30 - 11:00 - Levels 4, 5

11:00 - 11:30 - Parent & Me

| Sessions Attending      | Time | Level |
|-------------------------|------|-------|
| Session 1 (6/26 - 7/7)  |      |       |
| Session 2 (7/10 - 7/21) |      |       |
| Session 3 (7/24 - 8/4)  |      |       |

**Emergency contact information below:**

|                      |                         |
|----------------------|-------------------------|
| <b>Name:</b>         | <b>Phone number:</b>    |
| <b>Relationship:</b> | <b>Alternate Phone:</b> |

**Swimming Lesson  
Assumption of Risk 2023**

**Child's Name:** \_\_\_\_\_  
(Please Print)

I understand that my child will be participating in swimming and water activities involving use of the pool, park facilities and equipment.

I have been given an opportunity to investigate said program and have independently answered all questions concerning said activities and the supervision of my said child, to my complete satisfaction.

I, undersigned, hereby agree to assume all risk associated with said program and to indemnify and hold harmless the Town of Rosendale and the Recreation Commission from any and all damages resulting from liability arising out of said program and all activities relating thereto.

I have read the foregoing permission form and hold harmless agreement and fully understand the same.

This agreement may not be changed or modified orally. I have not relied on any representatives of the Town of Rosendale or the Rosendale Recreation Commission, its' Director, agents, servants, or employees not expressly contained herein.

**Parent/Guardian (Please print):** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Swim Lesson  
Payment Record 2023**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

(To be filled out by cashier)

**Lesson Fees:**

|                    |                           |
|--------------------|---------------------------|
| Resident Child     | \$50.00 each, per session |
| Non-Resident Child | \$70.00 each, per session |

Fees: \$ \_\_\_\_\_ Check #: \_\_\_\_\_ Cash: \_\_\_\_\_ CC: \_\_\_\_\_

Date Paid: \_\_\_\_\_ Rec'd by: \_\_\_\_\_

Staple cash register receipt to this sheet.

**Fill out the next page for customer receipt.**

Site address: 1055 Rt. 32, Rosendale NY 12472  
Mailing address: 1915 Lucas Avenue, Cottkill, NY 12419  
845-658-8198 or [recreation@townofrosendale.com](mailto:recreation@townofrosendale.com)

### Swim Lessons 2023

**Child's Name:** \_\_\_\_\_

**Session(s) attending:**

Session 1    June 26 – July 7  
Session 2    July 10 – July 21  
Session 3    July 24 – August 4

**Time and Level:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fees: \$ \_\_\_\_\_    Check #: \_\_\_\_\_    Cash: \_\_\_\_\_    CC: \_\_\_\_\_

Date Paid: \_\_\_\_\_    Rec'd by: \_\_\_\_\_

**Swim Lessons****Dates****Times**

| <b>Swim Lessons</b> | <b>Dates</b>              | <b>Times</b>         |
|---------------------|---------------------------|----------------------|
| <b>Session 1</b>    | <b>June 26 - July 7</b>   | <b>9:00 - 9:30</b>   |
| Levels: 1,2 & 3     |                           | <b>9:30 - 10:00</b>  |
|                     |                           | <b>10:00 - 10:30</b> |
| Level: 4            |                           | <b>10:30 - 11:00</b> |
| Level: 5            |                           | <b>10:30 - 11:00</b> |
| Parent & Me         |                           | <b>11:00 - 11:30</b> |
| <b>Session 2</b>    | <b>July 10 - July 21</b>  | <b>9:00 - 9:30</b>   |
| Levels: 1,2 & 3     |                           | <b>9:30 - 10:00</b>  |
|                     |                           | <b>10:00 - 10:30</b> |
| Level: 4            |                           | <b>10:30 - 11:00</b> |
| Level: 5            |                           | <b>10:30 - 11:00</b> |
| Parent & Me         |                           | <b>11:00 - 11:30</b> |
| <b>Session 3</b>    | <b>July 24 - August 4</b> | <b>9:00 - 9:30</b>   |
| Levels: 1,2 & 3     |                           | <b>9:30 - 10:00</b>  |
|                     |                           | <b>10:00 - 10:30</b> |
| Level: 4            |                           | <b>10:30 - 11:00</b> |
| Level: 5            |                           | <b>10:30 - 11:00</b> |
| Parent & Me         |                           | <b>11:00 - 11:30</b> |

**There are 6 openings per time slot**