

Palmyra Area Recreation & Parks Commission (PARPC)

838-9244

www.palmyrarec.org

2019 SWIM LESSONS @ Palmyra High School

AGES 5 - 12 FEE: \$65 (\$60 siblings) (\$75 non PASD)

- *Must be able to place face underwater & be comfortable going into 5 ft pool **
- *Must have NO fear of Water*

Mondays & Wednesdays Session #1 Dates- Oct 2, 7, 9, 16, 21, 23, 28, & 30

Session #2 Dates- March 18, 23, 25, 30, April 1, 6, 8, 15 & 22.

NAME _____ Male _____ Female _____

Age _____ Grade 2019 _____ School District _____

Participant lives with: (circle one) Mother Father Both Joint Other: _____

PARENT(S)/GUARDIAN INFO:

FATHER: _____

name

address

Best phone # for messages _____ E-Mail: _____

MOTHER: _____

name

address

Best phone # for messages _____ E-Mail: _____

SIBLING taking swim lessons Name _____ Grade _____

Allergies/health problems _____

Insurance Provider _____

I confirm that my child is medically fit to take part in this activity Y _____ N _____

Our family resides in:

North Londonderry

South Londonderry

Palmyra Borough

Other

Permission given for photos to be taken/used in Recreation publicity Y _____ N _____

*****We will participate in (circle one- SEE ABOVE FOR DATES) SESSION #1 OR SESSION #2*****

Level 1 6:00 - 6:30 _____ Intro Water Skills * Water Safety Skills

Level 2 6:35 - 7:05 _____ Intro to Fundamental Swim Skills * Water Safety Skills

Level 3 7:10 - 7:40 _____ Stroke development * Aquatic & Water Safety Skills

Level 4 & 5 7:45 - 8:15 _____ Stroke Improvement * Water Safety Skills

Swim Lessons done with Palmyra Aquatics Club.

Amt Rec. \$ _____ Cash _____ Check (CK # _____) _____ Coaches Certificate