

In consideration of my child's participation in the MWR Fitness Center Swim Program, I, intending to be legally bound, hereby for myself, children, heirs, executors, administrators and assigns waive, release, and forever discharge any and all rights and claims against the MWR Fitness Center for damages which may be sustained or suffered by my children while participating or traveling to and from participation in any and all activities including, but not limited to training sessions and social activities.

Parent/Guardian Signature (over 18)



Parents: Please be sure that your child can perform the minimum skills required for each level prior to signing them up. Please place your children the appropriate skill level.
If your child is ill, do not bring them to class. If a child gets sick in the pool, the pool must be closed. Please make sure they use the bathroom prior to class.



SWIM SCHOOL POLICIES

- Space is limited and classes are filled on a first come first serve basis.
- Payment is required to reserve class space.
- There are no multiple child discounts.
- Private lessons cannot be rescheduled if missed.
- Refunds will not be given once the session starts unless classes are cancelled by MWR. We do not offer make-up lessons and refunds are not given for missed classes.
- No children over the age of 5 are permitted in opposite sex locker rooms.

NAVAL SUPPORT ACTIVITY BETHESDA MWR FITNESS CENTER

2012 Swim Lesson Registration



Located at
MWR FITNESS CENTER
8901 Wisconsin Ave
Building 17
Bethesda MD 20889

Tel: 301.295.2450

Bryan.jackson2@med.navy.mil
amanda.kozay@med.navy.mil

Naval Support Activity Bethesda MWR Fitness Center 2012 Swim Lesson Registration

FALL SESSION

Oct 6th TO Dec 16th
10 SESSIONS

PROGRAM COST
~ 150 (Cash only)

PRESCHOOL PROGRAM

Age 3-5

Tadpole-Beginner

Saturday 0930 or Sunday 0930

Child does not need any experience but must be able to separate from parent and must be a minimum of 3 years old by the 1st day of class. This class teaches children to dogpaddle unaided, float on their back and put their face in the water.

30min lesson/ max 4 students per class.

Sea Horse-Intermediate

Saturday 1015 or Sunday 1015

Minimum Skills Needed: Child needs to be able to put face in the water, swim 5 feet unaided and float independently on their back. This class introduces proper freestyle (not including rotary breathing) and kicking on their back.

30min lesson/ max 5 students per class.

Sea Turtle-Advanced

Saturday 1100 or Sunday 1100

Child needs to be able to swim freestyle (without rotary breathing) 16ft and kick on back 16ft. This class teaches rotary breathing techniques, and full backstroke.

30min lesson/max 5 students per class.

SCHOOL AGE PROGRAM

Ages 6 and up

Starfish-Beginner

Saturday 0930 or Sunday 0930

Child does not need any experience and is for learning how to swim. This class teaches children to be comfortable in the water, getting their face wet and floating on their front and back.

30min lesson/max 4 students per class.

Goldfish-Intermediate

Saturday 1015 or Sunday 1015

Child needs to be able to put his/her face in the water, swim 5 feet unaided and float independently on their back. This class introduces proper freestyle (not including rotary breathing) and kicking on their back.

30min lesson/max 5 students per class.

Dolphin-Advanced

Saturday 1100 or Sunday 1100

Child needs to be able to swim freestyle 1/2 length (without rotary breathing) and kick on their back 16ft. This class teaches rotary breathing techniques and full backstroke.

30min lesson/max 5 students per class.

Marlin-Pre-Developmental

Saturday 1145 or Sunday 1145

Child should be able to swim 16 yards of free-style with rotary breathing and 16 yards of backstroke with good technique. This class teaches the proper mechanics of freestyle and backstroke and introduces breast stroke and the dolphin kick.

30min lesson/max 8 students per class.

Swimmer One

Last name, First

____/____/____
DOB

SEX M/F

CLASS

DAY

TIME

Swimmer Two

Last name, First

____/____
DOB

____/____
SEX M/F

CLASS

DAY

TIME

Parent Information-print clearly All information is required

Parents Name

Address

Address 2

Phone

Email

REGISTRATION

- Registration is September 10th 2012 thru September 20th 2012 only.
 - Confirmation will be emailed upon receipt.
 - SPACE IS LIMITED.