

**Participation Fee:
\$30.00 per session**

Please **DO NOT put multiple children **OR** sessions on the same form. Thank you.

Name of Participant: _____

Age- at time of lesson: _____ DOB: _____

Address: _____

City and zip code: _____

Are you a **City of Ellsworth** resident? Yes / No

Home #:(_____) _____

Cell #: (_____) _____

Work #:(_____) _____

Father's Name: _____

Mother's Name: _____

**If you are unsure of the level of your child, please contact the Ellsworth Recreation Department at 785-472-4123.

Please sign the following waiver: In consideration of my child's participation in this activity, I hereby release and discharge the City of Ellsworth and all persons connected with the activity from any and all liability arising from illness, or injuries my child may suffer as a result in participating in this activity. I also understand the City of Ellsworth is not responsible for ANY cost incurred for medical services for illness or injuries to my child while participating in the activity.

Signature of Parent/Guardian:

FOR OFFICE USE ONLY/method of payment:

_____ Horst-Reiter Foundation "Scholarship # _____

_____ Check # _____ / amount _____

_____ Cash/ amount _____

Notice to City of Ellsworth Residents:

Due to a generous donation from the Horst-Reiter Foundation, there are approximately 125 "scholarships" available on a first come first serve basis to **any citizen that lives in the City of Ellsworth.** The first 125 forms turned in will receive one session of swimming lessons free of charge. If you choose to take more than one session or if you take "private lessons" the fee will need to be paid by the individual and the scholarship will not apply. *After the donation from the Horst-Reiter Foundation has been exhausted, regular participation fees of \$30 will apply.*

**ELLSWORTH RECREATION
PHONE: (785) 472-4123**

**Ellsworth Municipal Pool
NEW PHONE NUMBER
PHONE: (785) 472-9382
WSI, Nancy Bolton
Phone: (785) 531-0354**

ELLSWORTH RECREATION

Swimming Lessons



Summer 2023

The mission of the Ellsworth Parks and Recreation is the maintenance and improvement of the mental and physical health, happiness, and well-being of Unified School District #327 and outlying areas through a planned program of constructive, socially accepted leisure time activities.

**Ellsworth Municipal Pool
(785) 472-9382**

LEARN-TO-SWIM

Program

Parent and Child Aquatic Program

Developed for children 6 months to 4 years of age, the American Red Cross Parent and Child Aquatics builds swimming readiness by emphasizing fun in the water.

Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more through games and songs.

Once children can perform skills without parental assistance at age 5 they may begin *Learn-to-Swim* –level one courses.

Learn-to-Swim Program

The American Red Cross Learn to Swim classes start with the most basic swimming skills and advances through six levels. There's instruction for all ages and abilities to help improve swimming skills.

Learn-to-Swim teaches aquatic and safety skills in a logical six level progression. The objective is to teach people to swim and be safe in, on, and around the water.

Skills are categorized in the following way:

- Water entry
- Breath Control and Underwater Swimming
- Buoyancy
- Changing Direction and Position
- Treading Water
- Swimming on Front, Back and Side
- General and Personal Water Safety

Level 1 (Intro to Water Skills)

*MUST be 5 by Aug 1 or have instructor's permission

Level 2 (Fundamental Aquatic Skills)

Level 3 (Stroke Development)

Level 4 (Stroke Improvement)

Level 5 (Stroke Refinement)

Level 6 (Swim/Skill Proficiency)

Important Lesson Information

***KEEP for YOUR information. YOU WILL NOT be contacted unless your requested time is not available.**

The Ellsworth Municipal Swimming Pool is a provider for **The American Red Cross Learn-to-Swim** classes. To sign up, simply fill out both sides of the **detachable form** to the right and **return it to the Recreation Center by June 2, 2023**. Every level will be **limited to no more than 10 –12 participants** per class level for each session on a **first come first serve** basis. Sign up early to assure your child a spot! Fridays are make-up days due to rain or bad weather.

Session One: Ellsworth (5 lessons)

June 5-9 (one week only)
Levels 3-6

Session Two: Ellsworth (8 lessons)

June 12-16 & June 19-23 (two weeks long)
All Levels 1-6

WILSON ONLY: (5 lessons)

June 26-30 for Levels 1-3
July 3-7 for Level 4-6

Session Three: Ellsworth (8 lessons)

July 10-15 & July 17-21
All Levels 1-6

Session Four: Ellsworth (5 lessons)

July 24-28
Level 2-4

****Goggles (without nose piece coverings) are recommended for levels 3-6, but not mandatory.****

Parent and Child Aquatics

Session One: July 24-28

Session Two: July 31-Aug. 4

Preschool (3years-4 years) 5:15-5:45pm

**Child must be independent of parent

Infant/Toddler (6mo.-2years) 5:45-6:15pm

**A parent MUST be in the water with child

Private Lessons

*Private (one-on-one) lessons are also available, if parents are interested, for a **separate/additional fee**. (Usually 5, half-hour lessons for \$50.00) Please contact Nancy (785)-531-0354 or the Pool (785)-472-9382 for additional information. Private lessons are NOT Red Cross sanctioned.*

Learn-to-Swim Lessons

1. Choose session 2. Choose level

Session One: Ellsworth (Mon.-Fr.)

June 5-9 (one week only)
___ Level 5 or Level 6 -8:30-9:30
___ Level 4 -9:30-10:30
___ Level 3 -10:30-11:30

Session Two: Ellsworth (Mon. -Thurs.)

June 12-16 & June 19-23 (two weeks long)
___ Level 5 or Level 6 -8:00-8:45am
___ Level 4 -8:45-9:30am
___ Level 3 -9:30am-10:15am
___ Level 2 -10:15-10:45am
___ Level 1 -10:45-11:15am

WILSON ONLY *Sign Up Wilson City Hall

June 26-30 for Levels 1-3
July 3-7 for Levels 4-6
*9:30-10:30, free swim 10:30-11:00

Session Three: Ellsworth (Mon.-Thurs.)

July 10-15 & July 17-21
___ Level 5 or Level 6 -8:00-8:45am
___ Level 4 -8:45-9:30am
___ Level 3 -9:30am-10:15am
___ Level 2 -10:15-10:45am
___ Level 1 -10:45-11:15am

Session Four: Ellsworth (Mon.-Fri.)

July 24-28 (one week only)
___ Level 4 -9:00-10:00am
___ Level 3 -10:00-10:45am
___ Level 2 -10:45-11:30am

Parent and Child Aquatics (EVENINGS)

I. Choose session:

Session 1 (Mon-Fri)

July 24-28 (one week only)

Session 2 (Mon.-Fri)

July 31– Aug. 4 (one week only)

2. Choose level:

___ Preschool (3years-4years) 5:15-5:45pm
**Child must be independent of parent
___ Infant/Toddler (6mo.-2years) 5:45-6:15pm
**Parent MUST be in the water with the child