

**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 2024

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 7, 2024. Every level will be **limited to no more than 12-15 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: June 10-14 & 17-21
Two weeks long
Levels PreK-6 (except level 4)

Session Two: June 24-28 & July 1-5
Two weeks long
Levels PreK- 4

Session Three: July 8-12 Infant/Toddler ONLY
One week long
6mo.-2 years old
A parent MUST be in the water with child

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

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: (Mon.-Thurs.)

June 10-14 & 17-21 (two weeks long)

___ Level 5 or Level 6 -8:00-8:45AM

___ Level 3 - 8:45-9:30AM

___ Level 2 - 9:30-10:00AM

___ Level 1 - 10:00-10:30AM

___ PreK (3-4yrs) - 10:30-11:00AM

Session Two: (Mon. -Thurs.)

June 24-28 & July 1-5 (two weeks long)

___ Level 4 - 8:00-8:45AM

___ Level 3 - 8:45-9:30AM

___ Level 2 - 9:30-10:00AM

___ Level 1 - 10:00-10:30AM

___ PreK (3-4yrs) - 10:30-11:00AM

Session Three: Infant/Toddler (Mon.-Fri.)

July 8-12 (one week long)

___ Early Session - 5:15-5:45PM

___ Late Session - 5:45-6:15PM