



**Human Resources Department**  
**95 Pleasant Street, Rm. 226**  
**Gardner, MA 01440-2630**  
**(978) 630-4001 ♦ Fax (978) 630-4025**

## **2025 Swim Lesson Registration**

Payment is due upon registration in the HR office, room 226 at City Hall. Check, bank check or money order, or paid online via our website. Spaces are limited and given on a first come first served basis. Lessons are held rain or shine, except for thunderstorms. No refunds are given if you cannot attend the scheduled day or the make-up session. Children are encouraged to wear wetsuits for cooler days.

Child's Name: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City/Town State Zip Code

Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

In case of an emergency or illness please notify: Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Indicate which class you'd like to register for:

**ALL WATERBUG CLASSES ARE 30 MINUTES OF INSTRUCTION BUT THE ADDITIONAL 15 MINUTES ARE BUFFERED IN TO ALLOW FOR CHILDREN TO BECOME COMFORTABLE IN CLASS.**

**Waterbug I:** Ages 3 to 6 years. Introduction to beginner stroke including flutter-kicking on front and back, blowing bubbles, rhythmic breathing, reach & pull, floating on back and jumping in water with assistance. Building confidence is the key to success and this is especially true in this class as we encourage swimmers to be comfortable in a water environment. Floatation aid and swim fins are used and available in this class. Skills necessary to be in **Waterbug II** are swimming with face fully submerged in water and going underwater.

**Waterbug II:** Ages 3 to 6 years. Introduction to front and back crawl. We start to put together skills necessary to perform basic stroke mechanics of front crawl with rotary breathing. Swimming on back with introduction of arms for back crawl. Introduction to pencil jumps and diving. Floatation aid and swim fins are used if necessary. Skills necessary for **Waterbug III** are swimming front crawl with some consistency of rotary breathing and back crawl without any assistance from floatation aids.

**Waterbug III:** Ages 3 to 6 years. Stroke refinement of front crawl with rotary breathing and back crawl. Some endurance with drills are emphasized in this class. Introduction to basic skills of breaststroke and butterfly as we explore new strokes. Diving from standing position and flip-turns. No floatation aids allowed but use swim fins if available.

**ALL BEGINNER I & II, ADVANCED BEGINNER, INTERMEDIATE CLASSES ARE 45 MINUTES LONG.**

**Beginner I:** Ages 6 years and older. Introduction to beginner/front crawl and back crawl. Swimmers strongly encouraged to get face wet and work on rotary breathing. Floating on back and prone position. Jumping in water with or without assistance. Building confidence is the key to success and this is especially true in this class as we encourage swimmers to be comfortable in a water environment. Floatation aids and swim fins are available. Skills necessary for **Beginner II** are beginner/front crawl with some consistency of rotary breathing and back crawl.

**Beginner II:** Ages 6 years and older. Refinement of front and back crawl. Introduction to elementary backstroke and introduction of basic skills to breaststroke and butterfly. Flip turns and standing dives. Some endurance emphasized. No floatation aids are allowed but swim fins available. Skills necessary for **Advanced Beginner** are front crawl with rotary breathing (one length of pool) and back crawl (one length of pool) with good stroke mechanics, standing dive and flip turns.

**Advanced Beginner/Intermediate:** Ages 6 years and older. We generally combine these classes as swimmers should be fairly strong in front/back crawl with some skills or complete elementary backstroke. Introduction to sidestroke. Developing and refining freestyle backstroke and complete stroke mechanics of breaststroke and butterfly are developed. Endurance is emphasized with maintaining proper technique in all strokes. Dives and turns for all strokes refined.

Indicate which class(es) you'd like to register for (check all that apply, each session is \$90.00 per child):

**Saturday Sessions** - Include 6 classes, which take place for 6 weeks, beginning June 28<sup>th</sup>, 2025

Beginner I/Beginner II/Advanced Beginner/Intermediate **9:45a-10:30a**

Water Bug I/Water Bug II/Water Bug III **10:30a-11:15a**

**Weekday Sessions** - Include 6 classes, which take place Monday, Tuesday and Wednesday (Thursday will be a make-up day if we must cancel due to inclement weather)

Beginner I/Beginner II/Advanced Beginner/Intermediate – Monday, Tuesday, and Wednesday **9:45a-10:30a**

Session I – June 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 30<sup>th</sup>, July 1<sup>st</sup>, 2<sup>nd</sup>

Session II – July 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>

Session III – July 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 28<sup>th</sup>, 29<sup>th</sup> 30<sup>th</sup>

Water Bug I/Water Bug II/Water Bug III- Monday, Tuesday and Wednesday **10:30a -11:15a**

Session I – June 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 30<sup>th</sup>, July 1<sup>st</sup>, 2<sup>nd</sup>

Session II – July 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>

Session III – July 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 28<sup>th</sup>, 29<sup>th</sup> 30<sup>th</sup>

**Medical Information**

Are there any medical issues staff should be aware of?

Allergies    Asthma    Diabetes    Epilepsy    Insect Stings    Other \_\_\_\_\_

I (print) \_\_\_\_\_, parent/legal guardian of (child's name) \_\_\_\_\_ hereby acknowledge and agree that in consideration of his/her being permitted to participate in the Aquatics Program offered by the City of Gardner,

- I understand and acknowledge the risks inherent with the activities carried out under the program and hereby accept and assume all such risks which I or the participating youth for whom I act as guardian may be exposed.
- I am sufficiently unformed to represent to the City that the participant does not suffer any condition that may affect my or his/her ability to safely participate in the program. I also acknowledge that the City reserves the right to receive the required medical certificate in respect to my or his/her ability to participate.
- I have carefully read and understand clearly that by signing this Release and Waiver of Claim, I will be forever prevented from suing or claiming against the City of Gardner or any employee, agent, Parks Board member or officer thereof for any property loss or personal injury that I or the youth may suffer while participating in the program.
- I also acknowledge that the City of Gardner would not permit me or him/her to participate unless I signed this Release and Waiver of Claim and agreed to comply with the rules and regulations as set out by the City of Gardner.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Office Use Only:**

Payment paid via:    Check/Money order # \_\_\_\_\_    OpenGov

Received by: \_\_\_\_\_