



Swimming Lessons Registration

Pool Tentatively Opens: June 4th

Pool Tentatively Closes: August 15th

Swimming Lessons are non-refundable, except for medical conditions. All refunds must be approved by the Pool Director.

Child's Name: _____

Child's Address: _____

Child's City, State, Zip Code: _____

Parent/Guardian Name: _____

Parent/Guardian Phone: _____ Alternative Phone: _____

Are lessons being taken thru a daycare? Yes No

Providers Name: _____ Phone Number: _____

First Choice

Session: _____

Time: _____

Level: _____

Second Choice

Session: _____

Time: _____

Level: _____

\$50.00 Per-Student/Per-Session Make check(s) payable to: City of Dilworth.

Date Received: _____ Cash Check No. _____ Receipt No. _____

Waiver Liability: Upon acceptance of this swimming lessons registration, I hereby for my child or ward, waive and release any and all rights and claims that I, my child, or my ward may have against the City of Dilworth or its employees, for any or all injuries arising from participation in swimming lessons. I further agree and consent to emergency treatment of my child or ward by a physician or hospital in the event that I cannot be reached.

Parent/Guardian's Signature: _____ Date: _____

Class Level Descriptions

The Dilworth Pool follows all criteria and safety requirements for each level in our Learn to Swim and Water Safety Program. Our purpose is to teach people to swim and to help them be safe when they are in or around water. We thank you for participating in our program.

Preschool:

Children ages 3- 5 who have not participated in lessons before are the best candidates for this class. Students will work on water adjustment, floating, blowing bubbles, water games and learning about water safety. Class size is limited to 5 students.

Level 1:

CHILDREN MUST BE ABLE TO TOUCH THE BOTTOM OF THE POOL IN 3 FOOT DEEP WATER ON THEIR OWN BEFORE STARTING LEVEL 1. For children ages 5 and up. Students will work on water adjustment, floating, blowing bubbles, going under water, holding their breath, entering and exiting the water with support, swimming short distances, and learn water safety. Class size limited to 5 students.

Level 2:

Students must have successfully completed Level 1. Students will work on floating unsupported, holding breath under water, retrieving object underwater, unsupported flutter kick for 10 yards, rolling over from their front to their back with flutter kicks for 10 yards, jumping in the water independently, and water safety.

Level 3:

Students must have successfully completed Level 2. Student must be able to swim unsupported for at least 10 yards. Students will work on learning front crawl with rhythmic breathing, backstroke, elementary backstroke, diving, treading water, and water safety.

Level 4:

Students must have successfully completed Level 3. Student must be comfortable and be able to swim unsupported in the deep water. Students will work on refining the front and back crawl and the elementary backstroke. Students will also learn the dolphin kick and scissors kick and be introduced to the breaststroke, and the sidestroke. They will tread water, improve diving skills and learn water safety. **It is recommended this level be taken twice** because students are introduced to many new and different strokes.

Level 5:

Students must have successfully completed Level 4. Student will learn the butterfly, shallow water and surface dives, learn wall turns, survival swimming and rescue breathing. Students will also refine all strokes learned in previous levels.

Notes:

- Students are allowed to sign up for one level of swimming lessons at a time.
- Registration for the second session is done at the pool, after passing the first session.
- Be sure to list your 1st and 2nd choice for your swimming lesson.

**Dilworth Swimming Lessons
Dates and Times**

Each 40-minute lesson will be held Monday through Thursday for two weeks, with Friday as a makeup day when needed. Preschool and Level 1 are limited to 6 students per class per 40 minute session.

SESSION 1: JULY 7 - JULY 18	
10:45am - 11:25am	11:45am - 12:25pm
Preschool	Preschool
Level 1	Level 1
Level 2	Level 2

SESSION 2: JULY 21 - AUGUST 1	
10:45am - 11:25am	11:45am - 12:25pm
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3

Lessons Rates: \$50.00 per student per class

All swimming lesson registrations are taken at City Hall, 2 1st Ave SE until the pool opens. Once the pool is open all registrations will be taken at the swimming pool. Registration is on a first come first served basis. If you have any questions call City Hall at 218-287-2313.

*To receive updates on the Dilworth Pool please text "Pool" to 91896.

Pool registrations are not accepted through DGF Community Ed.