



Montclair is excited to bring group swim lessons back this 2022 season.

Important Information:

- Each group will have a dedicated swim instructor
- Each swimmer will receive an evaluation and certificate upon completion of the session.
- Children must be at least 3 years of age. Please consider whether your child is able to listen to instructions and cooperate with an instructor in groups.
- Due to smaller class sizes, the number of places will be limited. Please ensure you register early.
- Parents are welcome to observe lessons.
- Individual private lessons and information about swim team is available online and at the pool.

Ways to Register:

- Through your Montclair Swim Club online member account
- By mailing the completed registration form and waiver below, along with payment to the mailing address listed.

Please Note:

- All registration forms will be accepted on a first come, first served basis.
- Members will be given priority over non-members; non-members will only be accepted if classes do not fill.

For more information, please contact: swimlessons@montclaireswimclub.com

CANCELLATION POLICY

Swim lessons will be canceled in the case of inclement weather OR if the outside temperature is below 68 degrees. If a Swim Lesson is canceled, you will receive a **text message** from the Swim Lesson Coordinator at least 45 minutes prior to the start of the lesson. The make-up date may be announced a little later while we confirm staffing.

Group Descriptions & Key Skills:

Level 1: ages 3-5; preschool, unless they need to be moved up, not more than 3 swimmers per group

Back float independently (5-10 seconds)	Front float independently
Roll from back to front	Front glide
Swim with noodles independently	Back glide
Bobs (comfortable getting face wet)	Safety topics

Level 2: Introduction to water skills (similar to preschool but master the skills a bit more and be more comfortable with them), generally ages 4-6, not more than 4 swimmers in each group

Back float independently	Back glide
Front float independently	Kick on back
Roll from front to back	Introduce treading
Swim 10 yds independently	Retrieve an object from shallow end (ring)
Front glide	

Level 3: Stroke development, generally ages 5-7, not more than 5 swimmers in each group

Sitting dive & kneeling dive	Streamline to kicking underwater
Dive from area of pool to wall for safety	Streamline to butterfly kick underwater
Rotary breathing-developing this to be comfortable and mastered	Front crawl (half of the pool)
Tread water 1 minute	Breaststroke Kick
Introduce streamline	Elementary backstroke

Level 4: Stroke improvement, generally ages 7-9, not more than 6 swimmers in each group

Standing dive	Back crawl 25 yds
Tread water 1 min 30 seconds	Breaststroke 15 yds
Introduce different kicks	Butterfly 15 yds
Front crawl 25 yds	Back streamline and begin flutter kicking

Group Lessons Registration Form

Name of Child: _____
(please use one form per child)

Date of birth: ____/____/____ Age: _____

Parent's Name: _____

Address: _____

Cell Phone #: _____ Email: _____

Emergency Contact Name: _____ Phone #: _____

Please circle one:

Member

Non-member

Session (Please circle):

Session I (June 6-June 25)***

Session 2 (June 27-July 16)

Session 3 (TBD)

***Session I Saturdays will be June 4, June 18, and June 25-NO classes June 11)

Day & Time (Please circle):

M/W 11:55 am – 12:25 pm

T/R 11:55 am – 12:25 pm

Sat 9:00 – 9:40 am

Sat 9:45-10:25 am

Level (Please circle):

Level 1

Level 2

Level 3

Level 4

Fees:

M/W or T/R (30 min lessons/3 week session/2 days a week): Member-\$75 Non-member-\$100

Saturdays (40 min lessons/3 week session/1 day a week): Member-\$50 Non-member-\$75

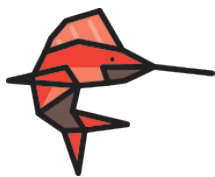
Total Due: \$ _____

Mail Registration Form, Waiver, and Payment to:

Montclair Swim Club

PO Box 37

Edwardsville, IL 62025



Official Use Only Employee Signature _____

Date & Time Rcvd _____ Amt. Rcvd _____ Check # _____

Montclair Swim Club

RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of participating in Montclair Swim Club activities, including swim team and swim lessons and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence Montclair Pool Association d/b/a Montclair Swim Club and its owners, directors, officers employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows:

1. I acknowledge that swimming and related swim team activities and swim lessons involves known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to concussions, drowning, dehydration, heat stroke, and others; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
2. I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue participation.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my participation in this activity, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
4. I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.
5. In the event that I file a lawsuit, I agree to do so solely in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply.
6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I agree that if I am hurt or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. **I have read and understood this document and I agree to be bound by its terms.**

Signature _____ Print Name _____

Address _____ City _____ State _____ Zip _____

Telephone (____) _____ Date _____

**PARENT OR GUARDIAN ADDITIONAL AGREEMENT
(Must be completed for participants under the age of 18)**

In consideration of _____ (PRINT minor's names) being permitted to participate in this activity, I further agree to indemnify and hold harmless Releasees from any claims alleging negligence which are brought by or on behalf of minor or are in any way connected with such participation by minor.

Parent or Guardian _____ Print Name _____ Date _____