

# Warrenbrook Pool - 2021 Swim Lesson Registration Form

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

Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_ (Email) \_\_\_\_\_

Make checks payable to "Somerset County Park Commission." Please complete both sides of the registration form before registering. Before engaging in any physical activity, it is advisable to check with a physician regarding any condition that may limit participation.

- | CLASS:                                       | TIME:                                      | SESSION:                                   |
|--|--|--|
| <input type="checkbox"/> Toddlers (Ages 2-4) | <input type="checkbox"/> 10:15AM - 10:55AM | <input type="checkbox"/> June 21 - July 2  |
| <input type="checkbox"/> Beginner I          | <input type="checkbox"/> 11:00AM - 11:40AM | <input type="checkbox"/> July 5 - July 16  |
| <input type="checkbox"/> Beginner II         |  | <input type="checkbox"/> July 19 - July 30 |

Yes, my child has a disability and may need reasonable modifications in order to participate.

Please note that the Somerset County Park Commission will only refund registration fees if a class has not begun and another child is available to fill the vacancy.

**OFFICE USE ONLY:**

Paid \$ \_\_\_\_\_ Check#/Cash \_\_\_\_\_ Date \_\_\_\_\_ Rec'd By \_\_\_\_\_

## Swim Lesson Information

The Somerset County Park Commission offers swim lessons for a variety of abilities and experience. All sessions are two weeks, weekdays Monday through Friday for forty minutes in duration.

### Swim Lessons

10:15 - 10:55am or 11:00 - 11:40am

June 21 - July 2

July 5 - July 16

July 19 - July 30

**Cost:** \$80.00

Please be informed that the Somerset County Park Commission reserves the right to cancel or modify the programs listed based upon Executive Orders issued by Governor Murphy regarding limits on gatherings in outdoor and indoor spaces during the coronavirus pandemic.

You may register online by going to:  
[www.somersetcountyparks.org](http://www.somersetcountyparks.org).

You can also complete the form and mail it with payment to:  
Somerset County Park Commission,  
Attn: Recreation Manager  
PO Box 5327  
North Branch, NJ 08876

As of May 29, 2021, you must drop the completed form and payment at the pool.

The registration fee is non-refundable. Class participants are asked to be at poolside five minutes prior to the start of class.

**Classes are held during rain, but cancelled for thunder and lightning.**

908 722-1200 ext. 5018 • TDD Relay at 711

# 2021 SWIM LESSONS

## Warrenbrook Pool



*Somerset County  
Park Commission*



[www.somersetcountyparks.org](http://www.somersetcountyparks.org)

[www.facebook.com/  
SomersetCountyParkCommission](https://www.facebook.com/SomersetCountyParkCommission)

# 2021 Swim Lesson Information

## Toddlers (Ages 2-4)

Orientation to the small and large pool for small children and parents. Parents will be taught along with children so that instruction may be reinforced by parents during weekly visits to the pool. Instructors will work with parents during the instruction portion of the class.

### Objectives of the Toddler Class

- Assist children in overcoming their fear of the water.
- Provide children with fundamentals of breath-holding beneath the surface.
- Teach children how to close their mouths when exhaling beneath the surface.
- Teach children how to open their eyes beneath the surface (count fingers and retrieve small objects from the bottom).
- Provide continual reinforcement of pool safety and rules.
- Teach proper leg kicking technique.

## Beginner I

- Prone Float
- Breath Holding
- Back Float
- Prone Glide w/ Kick
- Back Glide w/ Kick
- Arm Stroke
- Pool Safety and Rules

## Beginner II

- Review of Beginner I Skills
- Sculling
- Crawl Stroke
- Intro to Back Crawl
- Turning Over
- Jump into the Chest Deep Water
- Safety Skills

All NJDOH COVID precautions will be followed.

## Advanced Beginner

- Completion of Crawl Stroke with Rhythmic Breathing.
- Back Crawl
- Elementary Back Stroke
- Intro to Breast Stroke
- Swimming Under Water
- Treading Water
- Survival Floating
- Basic Safety and Rescue Techniques

## Intermediate

(offered only at 11:00am)

- Crawl Stroke
- Kicks: Leg, Crawl, Scissors, and Breast Stroke
- Elementary Back Stroke (review)
- Side Stroke
- Breast Stroke
- Safety and Survival Skills
- Turns
- Rescue Skills and Water Polo



## Release and Waiver

**Release** - as part of the consideration for being allowed to participate in swim lessons, the undersigned agrees that neither the Somerset County Park Commission (SCPC) nor the county of Somerset, any director, officer, employee, agent or representative or division of the SCPC, the county of Somerset nor any of their respective successions or assigns (collectively, including the SCPC the Representatives) shall be liable for any loss, damage, injury or claim of any kind to person or property arising from or caused by participation by the undersigned in swim lessons including without limitation any loss damage or claim arising from any accident involving the undersigned whether on or off the Representatives property.

**Waiver and Indemnification** - The undersigned hereby waives all claims and demands against the representatives and each of them for any loss damage injury (including death) or claim of any kind arising from related to or caused by participation by the undersigned in the activity and agrees to indemnify defend and hold harmless the representative from all loss liability costs and expenses (including actual attorney fees) arising from or related to same.

This release and waiver has been carefully read by the undersigned and demands against the representatives and the contents of this document are understood by the undersigned. This release and waiver shall be in effect for all swim activities in which I or my dependant participates in throughout the entire calendar year. The undersigned freely executes this document.

In witness whereof, the undersigned has executed this release and waiver on the date shown below.

Signature of Parent / Legal Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Name - (Please Print): \_\_\_\_\_