

# WINTER 2019

CHILDRENS SWIMMING LESSONS  
MUNSON AQUATIC SCHOOL

DENNIS



<b>OFFICE USE ONLY</b>	
PROGRAM FEE: _____	MEMBERSHIP: _____
RECEIPT # _____	
CHECK # _____	CASH ( ) CREDIT CARD ( )
DATE PAID _____	TAKEN BY _____

Full WINTER Session: (10 weeks) January 2 - March 16, 2019

NO CLASSES: January 21st; January 26th, SESSION BREAK: February 18 - February 23

Please check WHUD radio 100.7 FM or News Channel 12 for weather relatd closings and updates.

## **\*\*REQUIRED INFORMATION**

\*\*PARENT/GUARDIAN FIRST NAME: \_\_\_\_\_  
 \*\*PARENT/GUARDIAN LAST NAME: \_\_\_\_\_  
 \*\*E-MAIL ADDRESS: \_\_\_\_\_  
 MAILING ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 \*\*TELEPHONE (DAY/MOBILE): \_\_\_\_\_

Demographic Information: (Optional, For Fair Representation - Thank You!)

Please Check one of the following options :

White/Caucasian- _____	African Heritage- _____
Hispanic/Latino Heritage- _____	Asian Heritage- _____
Native American/Alaskan Native- _____	2 or more races- _____
Native Hawaiian or Pacific Islander - _____	

**\*\*GENERAL RELEASE :** The undersigned hereby releases the Boys & Girls of Northern Westchester, employees and volunteers should an accident or injury occur to the below mentioned child(ren) of any responsibility as a result of an activity sponsored by the Boys & Girls Club of N.W.

**\*\* PARENT/GUARDIAN SIGNATURE FOR RELEASE ABOVE:** \_\_\_\_\_

**\*\*DATE SIGNED:** \_\_\_\_\_

**CLASS PARTICIPANT NAME	MALE	FEMALE	**DATE OF BIRTH	**AGE	GRADE	**NAME OF CLASS	**CLASS DAY	**CLASS TIME	**REGIS. FEE \$75	**CLASS FEE	
#1											
#2											
#3											
#4											
1 Free Trial Class/Participant - Must Register All Information Above and Sign General Release.									SUB TOTALS:	\$	\$
Please Note: WE USE A SESSION FORMAT WITH EVERY CLASS MEETING ON THE SAME DAY AND TIME EVERY WEEK							9/4/18	TOTAL:	\$		
CLASS NAME (Length of Class)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	<u>Notes</u>					
WATER EXPLORERS (30 MIN)		9:30am		9:30am	9 & 10am	6 Mos. To +/- 3yrs.					
DAYTIME DOLPHINS (30 MIN)	1:15, 1:45, 2:15pm	10am, 1:15, 1:45, 2:15pm	1:15, 1:45, 2:15pm	10am, 1:15, 1:45, 2:15pm	See Saturday Stingrays	3 -5 yrs. No Parents					
WISE WHALES (30 MIN)	1:15pm	1:15pm	1:15pm	1:15pm	See Level 3	Swims unaided 25ft Same as Daytime					
SATURDAY STINGRAYS (30 MIN) ( SATURDAYS ONLY )					9, 9:30, 10, 10:30, 11, 11:30am (see Level 1 & 2 for 2pm)	Dolphins 3 - 5 yrs. without parent					
LEVEL 1 & 2 (30 MIN)	4, 4:30 & 5pm	4 & 4:30pm	4 & 4:30pm	4pm	9:30, 10:30, 11am, 2pm	3 - 5yrs. allowed					
LEVEL 3 (30 MIN)	4, 4:30 & 5pm	4 & 4:30pm	4 & 4:30pm	4pm	9, 10:10 & 11:30am	Pass Lv. 2 to enroll					
LEVEL 4,5,6 (40 MIN)	4:20pm	4:20pm	4:20pm		9:30 & 11:20AM	Pass Lv. 3 to enroll					
STROKE CLINIC (60 MIN)	5:30pm				1pm	Competitive Strokes					
PRIVATE LESSON (30 MIN-\$50)		3:30PM	3:30PM	3:30PM	1, 1:30 & 2PM	1 on 1 or Semi-priv.					

Register online, Mail in this Registration Form With Payment of Check to BGCNW or Credit Card w/# below. REGISTER IN PERSON if payment is CASH!

NAME ON CREDIT CARD

CREDIT CARD NUMBER

EXP DATE

CVV #

351 E. Main Street, Mount Kisco NY 10549, Tel (914) 666-8069, Fax (914) 666-9166, www.bgcnw.com

# DENNIS MUNSON AQUATIC SCHOOL

Water safety is critical for ALL children. Each year in the U.S. the #1 cause for death in children under 6 is drowning! BGCNW teaches over 1,000 children to swim annually. To learn more about our aquatic programs, contact:

**Dennis Munson, Director**

914-666-8069 Ext. 115 Dmunson@bgcnw.com

**Robert Rishel, Asst. Director**

914-666-8069 Ext. 117 Bobrishel@bgcnw.com

## SWIM PROGRAMS

### WATER EXPLORERS: (30 min class)

Recommended age - 6 months to 3 1/2 years **with adult**. Have fun in the pool with songs, games, and activities that will help you and your child be safer and more comfortable in the water. Submersion is your choice. No previous experience is needed. Swim diapers must be worn under your child's suit, if needed.

### DAYTIME DOLPHINS: (30 min class)

No parental assistance. For 3-5 year olds. Little or no swimming experience needed. Also see Level 1 & 2 weekdays, for class schedule after 3 pm.

### WISE WHALES: (30 min class)

No parental assistance. For 3-5 year olds who are able to swim independently 20 feet on front and at least 15 feet on their back to enroll.

### SATURDAY STINGRAYS (30 min class) (Saturdays only)

Similar to Daytime Dolphins. No parental assistance. A combined class for 3 - 5 year olds having any level of proficiency.

### LEVEL 1 & 2: (30 minute class)

For 3+ years olds. Little or no swimming skills are necessary to enroll.

### LEVEL 3: (30 minute class)

Must pass level 2 or must swim 20 feet on back and 20 feet on front using rhythmic breathing unaided to enroll.

### LEVEL 4: (40 minute class)

Must pass level 3 or must swim elementary backstroke 15 yards (45 feet), front crawl (freestyle) with rotary breathing, dive, and tread water to enroll.

### LEVEL 5/6: (40 minute class)

Must pass level 4 or must swim front crawl (freestyle), elementary backstroke 25 yards, breaststroke, butterfly, sidestroke for 15 yards each, and tread water for 2 minutes to enroll.

### CLINIC: (60 minute class)

For school age swimmers. Must have been in level 4 for at least two sessions or be in level 5-6 or have coaches approval after evaluation. Skills for competitive swimming and overall fitness.

### YOUTH SWIM: ( Mon -Thurs 3 - 4 pm, Sat 12 - 1 pm)

For children only who can swim more than 20 feet on front and back.

### FAMILY SWIM: (Sat 2 - 3 pm)

Parents/Guardians MUST be in the pool with their children.

If your child's hair is below their ears they MUST have a swim cap.

Multiple Child Discount: For children registered in the Aquatic Program Only.

Call for swim testing (914) 666-8069 Ext. 117

10% 2nd Child

5% Per Child 3 or More