

SPRING 2019

CHILDRENS SWIMMING LESSONS DENNIS MUNSON AQUATIC SCHOOL



| OFFICE USE ONLY | |
|--------------------|--------------------------|
| PROGRAM FEE: _____ | MEMBERSHIP: _____ |
| RECEIPT # _____ | |
| CHECK # _____ | CASH () CREDIT CARD () |
| DATE PAID _____ | TAKEN BY _____ |

SPRING Session: (12 weeks) Monday March 18 - Sunday June 16, 2019

NO CLASSES: Saturday April 20th - Sunday 28th (Spring Break), Sunday May 26 & Monday May 27 (Memorial Day)

Please refer to WHUD 100.7 FM, Channel 12 Storm Center online or News Channel 12 for Closings and Cancellations.

**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- | <input type="checkbox"/> | African Heritage - | <input type="checkbox"/> |
| Hispanic/Latino Heritage - | <input type="checkbox"/> | Asian Heritage - | <input type="checkbox"/> |
| Native American/Alaskan Native- | <input type="checkbox"/> | 2 or more races - | <input type="checkbox"/> |
| Native Hawaiian or Pacific Islander - | <input type="checkbox"/> | | |

****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 \$35 | **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 | | | | | | | | 2/21/19 | TOTAL : | \$ | |
| CLASS NAME (Length of Class) | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY | SUNDAY | | | | | |
| WATER EXPLORERS (30 MIN) | | 9:30am | | 9:30am | 9 & 10am | 1pm | | | | | |
| 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 Stingrays | See Stingrays | | | | | |
| WISE WHALES (30 MIN) | 1:15pm | 1:15pm | 1:15pm | 1:15pm | See Level 3 | See Level 3 | | | | | |
| STINGRAYS (30 MIN) (SATURDAYS/SUNDAYS) | | | | | 9, 9:30, 10, 10:30, 11, 11:30am (see Level 1 & 2 for 2pm) | 1:30PM | | | | | |
| LEVEL 1 & 2 (30 MIN) | 4, 4:30 & 5pm | 4 & 4:30pm | 4 & 4:30pm | 4pm | 9:30, 10:30, 11am, 2pm | 2pm | | | | | |
| LEVEL 3 (30 MIN) | 4, 4:30 & 5pm | 4 & 4:30pm | 4 & 4:30pm | 4pm | 9, 10:10 & 11:30am | 2:15pm | | | | | |
| LEVEL 4,5,6 (40 MIN) | 4:20pm | 4:20pm | 4:20pm | | 9:30 & 11:20AM | 1:30PM | | | | | |
| STROKE CLINIC (60 MIN) | 5:30pm | | | | 1pm | | | | | | |
| PRIVATE LESSON (30 MIN-\$50) | | 3:30PM | 3:30PM | 3:30PM | 1, 1:30 & 2PM | Please Inquire | | | | | |

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

PRESCHOOL CLASSES: If your child has hair below their ears they must wear a swim cap. Swim diaper only if needed. Please NO regular diapers.

Water Explorers: (30 min class) (Tuesday, Thursday, Saturday AM & Sunday PM)

Recommened 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 needed. **Swim diapers must be worn under child's suit if not trained.**

Daytime Dolphins: (30 min class) (Monday - Thursday)

No parental assistance. For 3-5 year olds. Little or no swimming experience needed to enroll. See Level 1 & 2 for class schedule Weekdays starting at 4 pm.

Wise Whales: (30 min class) (Monday - Thursday) (For Saturdays & Sundays use Level 3)

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

Saturday/Sunday Stingrays: (30 min class)

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

GRADESCHOOL CLASSES: If your child has hair below their ears they must wear a swim cap.

Level 1 & 2: (30 min class)

Little or no swimming skills are necessary to enroll. Acceptable for 3 - 5yrs. on Weekdays starting at 4pm.

Level 3: (30 min class)

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

Level 4: (40 min class)

Must pass level 3 or must swim elementary backstroke & front crawl (freestyle) w/ rotary breathing **45 feet** each, dive and tread water for 1 minute to enroll.

Level 5 & 6: (40 min class)

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

CLINIC: (60 min class) (Monday and/or Saturday)

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

YOUTH SWIM: (Monday -Thursday 3 - 4 pm & Saturday 12pm - 1 pm)

For children only who can swim more than 20 feet on front and back independently or can stand in water over 4ft deep.

FAMILY SWIM: (Saturday 12pm - 1 pm)

Parents/Guardians **MUST be in the pool** with their non-swimming children. **Floatation devices are not permitted at this time.**

MULTIPLE CHILD DISCOUNT (For Swimming Classes only): \$25 - 2nd child, \$10 - per 3rd child or more.

MULTIPLE CLASS DISCOUNT (for Swimming Classes only): \$25 - 2nd class, \$10 - per 3rd class or more.