

## Town of Oakfield 2019 Youth Swimming Program

The Town of Oakfield Youth Recreation Commission will begin offering a Youth Swimming Program at the Oakfield-Alabama Middle High School Pool. This 2019 program is open to all members of the community. Open Swim along with 4 swim lesson programs will be offered. The 4 programs include: Parent/Child Swim, Beginner Swim Lessons, Intermediate Swim Lessons, and Advanced Swim Lessons all with limited space. There is a \$35 per student fee. Open Family Swim will be FREE. Lesson programs will be held Tues. & Thurs., starting February 26<sup>th</sup> and ending March 21<sup>nd</sup>, 2019. Open Family Swim will take place on Tuesdays and Thursdays which will be held in both the Deep & Shallow end of the pool. Each person will be tested prior to being allowed in the Deep end. An instructor and lifeguard will be present for all programs. Parents are required to supervise and/or swim with their children during Open Family Swim. Registration, waivers are to be completed online at: <http://townofoakfieldny.com/youth-recreation/>. All Forms must be completed and Fees paid in full by February 22, 2019\*\*. Classes are limited so it will be on a first come, first serve registration/payment. Parents are responsible for their child both before and after their Lessons and Open Swim. It is required for all participants to arrive 30 mins prior to lesson, changed, rinsed off and in the pool when lesson begins. There are no refunds for missed lessons once the four week session begins. Please be aware, if school is canceled or closed for any reason, the swim program will also be canceled.

**\*\* Payments can be made by check written to the Town of Oakfield Youth Recreation or by credit/debit card by calling 948-5835 xt. 101 between hours of 9:00 – 3:30 pm. A minimum convenience fee of \$1.50 will be charged for all credit/debit transactions.**

### OPEN FAMILY SWIM:

This is a non-instructional, recreational swim time open to everyone; individuals and families. Parents MUST swim with, and supervise their children. Shallow end and Deep end only after swim testing. 100 people max in pool. Unsafe play will NOT be tolerated.

9 Sessions – 6 hours total	Fee: Free
Day: Tues. & Thurs.	2/26 – 3/21/19
Time: 7:30 – 8:15 pm	Place: OACS High School Pool

### PARENT/CHILD SWIM PROGRAM:

For ages 6 months to 36 months, this water adjustment class is designed to introduce skills appropriate to the learning rates of infants and toddlers. The class will focus on acclimation to the water environment and reinforces the parent's role in teaching the child swimming skills & water safety. A parent must accompany each child in pool!

12 Sessions – 4 hours total	Max # of Students – 12
Instructor – Kadi Hilchey	Fee: \$35 per student
Day: Tues. & Thurs.	2/26 – 3/21/19
Time: 5:30 – 5:50pm	Place: OACS High School Pool

### BEGINNER SWIM LESSONS:

This program provides children ages 4 to 5 with their first experience in the pool without parental assistance. Instruction will focus on pool safety, beginner water adjustment and basic water skills, front & back float all which are the building blocks of swimming.

12 Sessions – 6 hours total	Max # of Students – 10
Instructor – Kadi Hilchey	Fee: \$35 per student
Day: Tues. & Thurs.	2/26 – 3/21/19
Time: 6:00 – 6:30pm	Place: OACS High School Pool

### INTERMEDIATE SWIM LESSONS:

This program, for youth ages 5 to 6 who have the basics and are ready to learn more advanced skills. Each skill level builds upon the previous one.

12 Sessions – 6 hours total	Max # of Students – 10
Instructor – Kadi Hilchey	Fee: \$35 per student
Day: Tues. & Thurs.	2/26 – 3/21/19
Time: 6:30 – 7:00pm	Place: OACS High School Pool

### ADVANCED SWIM LESSONS:

This program is designed for children ages 7-10 who would like to continue to learn how to swim and have some fun. Instruction will include front crawl, elementary backstroke and the introduction of breaststroke, sidestroke, and butterfly to assist in discovering individual interests.

12 Sessions – 6 hours total	Max # of Students – 12
Instructor – Kadi Hilchey	Fee: \$35 per student
Day: Tues. & Thurs.	2/26 – 3/21/19
Time: 7:00 – 7:30 pm	Place: OACS High School Pool

## Town of Oakfield 2019 Youth Swimming Program

### **Registration/Parental Consent/Waiver Form**

This Form Needs to be Filled Out for Each Participant (Including Parent if in Parent/Child Lesson)

**Please check the Box in which lesson you are signing you/your child up for:**

- ☐ Parent/Child Lesson (ages 6 – 36 months)
- ☐ Beginner Lesson (ages 4 - 5 years)
- ☐ Intermediate Lesson (ages 5 - 6 years)
- ☐ Advanced Lesson (ages 7 – 10 years)
- ☐ Open Swim

**PLEASE PRINT**

Student's Name: First \_\_\_\_\_ Last \_\_\_\_\_

Parent's Name: First \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone #'s Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

E-Mail \_\_\_\_\_ Date of Birth \_\_\_\_\_ Swimmer/ Non-swimmer

Physician's Name \_\_\_\_\_ Phone# \_\_\_\_\_

Physician's Address \_\_\_\_\_

Primary Disability or Known Condition of Medical Risk \_\_\_\_\_

List Any Allergies \_\_\_\_\_

List all Medications \_\_\_\_\_

What health insurance do you have: \_\_\_\_\_

Other (name of company): \_\_\_\_\_ None: ☐

May we e-mail you current information regarding our programs, yes or no? \_\_\_\_\_

## **Parental Consent/Waiver**

I hereby consent that \_\_\_\_\_ (child's name) may participate in the Town of Oakfield Youth Swimming Program. I understand that there are inherent risks involved in this activity, in and around the Oakfield-Alabama Central School District pool and I accept any and all responsibility for injury and/or damage, which I may incur during this activity. I agree and understand that swimming is a HAZARDOUS activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death. The participant of the Town of Oakfield Youth Swimming Program agrees to indemnify and hold harmless the Town of Oakfield, Oakfield-Alabama Central School District and its coaches, officers, directors, agents and employees against any liability resulting from any injury that may occur to the participant while participating in Town of Oakfield Youth Swimming Programs. The participant also agrees to indemnify Town of Oakfield, Oakfield-Alabama Central School District for any damages incurred arising from any claims, demand, action or cause of action by the participant. The participant authorizes any representative of the Town of Oakfield Youth Swimming Program to have the participant treated in any medical emergency during their participation in the Town of Oakfield Youth Swimming Program. Further, the participant and/or parent/guardian agrees to pay all costs associated with medical care and transportation for the participant.

I have informed the Town of Oakfield Youth Swimming Program via email to \_\_\_\_\_ of any medical/health problems of which the staff should be aware.

Signature of Participant (Parent/Guardian if under 18): \_\_\_\_\_

Print First and Last Name: \_\_\_\_\_

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

## Town of Oakfield 2019 Youth Swimming Program

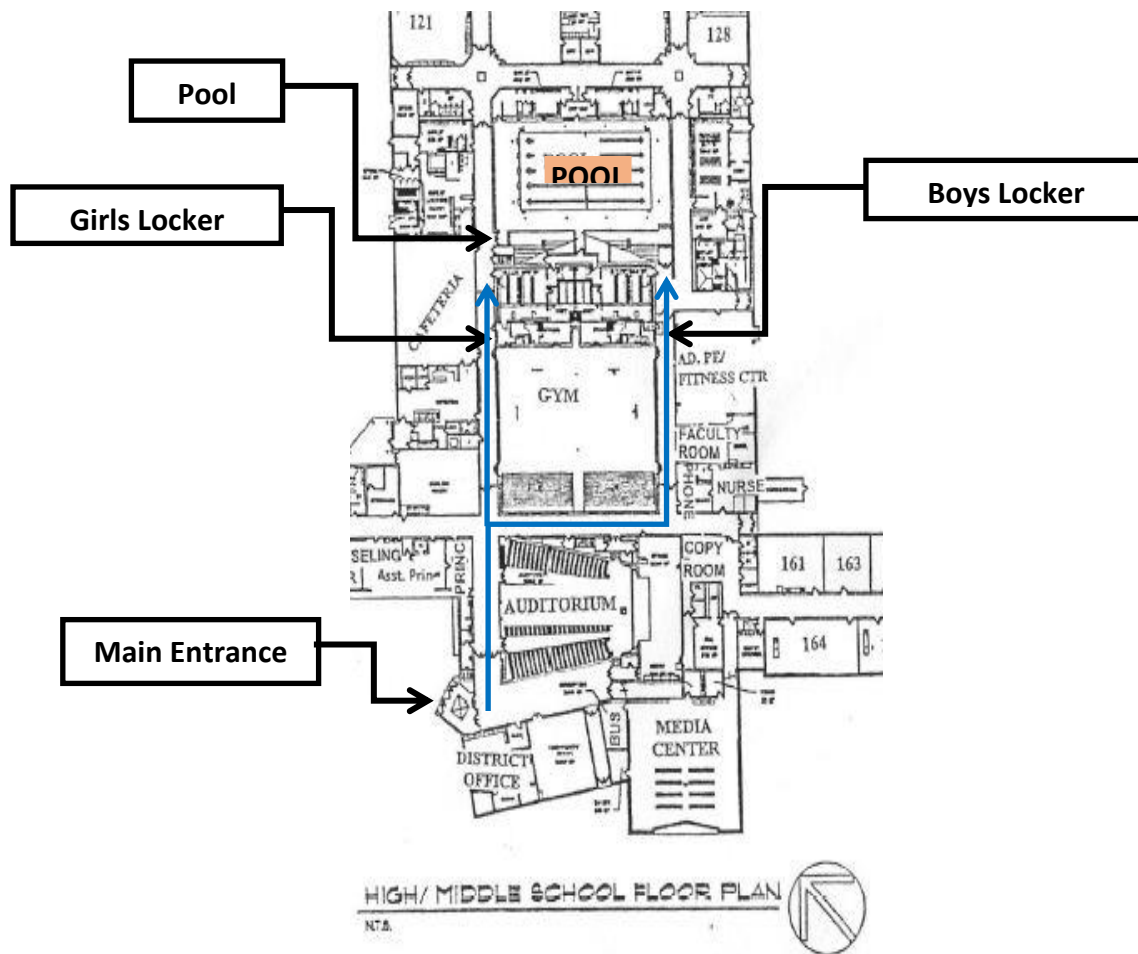
### 2019 February – March

Sun	Mon	Tuesday	We	Thursday	Fri	Sat
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>1</b>	<b>2</b>
		5:00 Locker Rooms Open 5:30 Parent/Child 6:00 Beginner 6:30 Intermediate 7:00 Advanced 7:30 Open Swim 8:30 Locker Rooms Close		5:00 Locker Rooms Open 5:30 Parent/Child 6:00 Beginner 6:30 Intermediate 7:00 Advanced 7:30 Open Swim 8:30 Locker Rooms Close		
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
		5:00 Locker Rooms Open 5:30 Parent/Child 6:00 Beginner 6:30 Intermediate 7:00 Advanced 7:30 Open Swim 8:30 Locker Rooms Close		5:00 Locker Rooms Open 5:30 Parent/Child 6:00 Beginner 6:30 Intermediate 7:00 Advanced 7:30 Open Swim 8:30 Locker Rooms Close		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>1</b>	<b>16</b>
		5:00 Locker Rooms Open 5:30 Parent/Child 6:00 Beginner 6:30 Intermediate 7:00 Advanced 7:30 Open Swim 8:30 Locker Rooms Close		5:00 Locker Rooms Open 5:30 Parent/Child 6:00 Beginner 6:30 Intermediate 7:00 Advanced 7:30 Open Swim 8:30 Locker Rooms Close		
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>2</b>	<b>23</b>
		5:00 Locker Rooms Open 5:30 Parent/Child 6:00 Beginner 6:30 Intermediate 7:00 Advanced 7:30 Open Swim 8:30 Locker Rooms Close		5:00 Locker Rooms Open 5:30 Parent/Child 6:00 Beginner 6:30 Intermediate 7:00 Advanced 7:30 Open Swim 8:30 Locker Rooms Close		

The Town of Oakfield Youth Recreation Commission will begin offering a Youth Swimming Program at the Oakfield-Alabama Middle High School Pool. This 2019 program is open to all members of the community. Open Swim along with 4 swim lesson programs will be offered. The 4 programs include: Parent/Child Swim, Beginner Swim Lessons, Intermediate Swim Lessons, and Advanced Swim Lessons all with limited space. There is a \$35 per student fee. Open Family Swim will be FREE. Lesson programs will be held Tues. & Thurs., starting February 26<sup>th</sup> and ending March 21<sup>nd</sup>, 2019. Open Family Swim will take place on Tuesdays and Thursdays which will be held in both the Deep & Shallow end of the pool. Each person will be tested prior to being allowed in the Deep end. An instructor and lifeguard will be present for all programs. Parents are required to supervise and/or swim with their children during Open Family Swim. Registration, waivers are to be completed online at: <http://townof oakfieldny.com/youth-recreation/>. All Forms must be completed and Fees paid in full by February 22, 2019\*\*. Classes are limited so it will be on a first come, first serve registration/payment. Parents are responsible for their child both before and after their Lessons and Open Swim. It is required for all participants to arrive 30 mins prior to lesson, changed, rinsed off and in the pool when lesson begins. There are no refunds for missed lessons once the four week session begins. Please be aware, if school is canceled or closed for any reason, the swim program will also be canceled.

**\*\* Payments can be made by check written to the Town of Oakfield Youth Recreation or by credit/debit card by calling 948-5835 xt. 101 between hours of 9:00 – 3:30 pm. A minimum convenience fee of \$1.50 will be charged for all credit/debit transactions.**

# Oakfield-Alabama Middle-High School Map



## **GENERAL RULES**

1. There is NO SWIMMING without a lifeguard on duty.
2. The pool, or any part thereof, may be closed for maintenance operations, health conditions, weather conditions, or any reason deemed sufficient by OACS.
3. All used equipment should be returned and not left for the lifeguard to clean up.
4. Locker rooms will be entered from inside the pool not the hallway.
5. If at any time the lifeguard blows his/her whistle all patrons must immediately get to the side of the pool and listen for directions.

## **RULES OF CONDUCT**

1. No food, refreshments, or chewing gum may be brought into the pool area or on the pool deck. No glass may be brought into the pool area or locker rooms.
2. All pool users must respect and obey the lifeguards. Our lifeguards have the authority to deny pool privileges to anyone who does not comply with Oakfield- Alabama pool rules.
3. No roughhousing or games involving holding breath under water is allowed.
4. Starting blocks are for trained swimmers only and are only to be used at the discretion of the lifeguard currently on duty.
5. There will be no diving into the shallow end of the pool. There will be no flipping into the pool at any time.

## **HEALTH AND SAFETY**

1. All persons must shower with warm water before entering the pool.
2. Spitting or blowing the nose in the pool is prohibited. Anyone with a fever or diarrhea should not enter the pool or be on the pool deck.
3. Proper bathing attire is required. No street clothing will be permitted in the pool.
4. No running, pushing, wrestling, ball playing, or causing undue disturbance.

## **CHILDREN'S USE OF THE POOL**

1. Children under the age of seven must be accompanied by an adult guardian in the water (within arms reach) and on deck at all times. Children ages 7-11 must be accompanied by a parent or adult guardian on the premises. Adult is defined as anyone 18 years of age or older willing to be responsible for the child
  2. Babies and young, non-toilet trained children must wear swim diapers.
  3. Diapers and clothing must be changed in the locker rooms only. There is absolutely no diaper changing on the pool deck.
- It is expected that all patrons follow the OACS event code of conduct.

THIS AQUATIC FACILITY IS A DEEP WATER POOL. THERE ARE INHERENT RISKS INVOLVED IN USING THIS FACILITY. ANYONE VIOLATING THESE RULES WILL LOSE POOL PRIVILEGES.