

# Aberdeen Swimming School



**American Red Cross** is a nationally recognized curriculum for swim instruction. This lesson program emphasizes water safety and encourages skill development by providing effective awards of achievement. All Swim Instructors at Aberdeen have been certified through the Starfish Swimming Program.

Aberdeen’s lessons are a total learn-to-swim and water safety curriculum program for all ages and stages of aquatic development—toddlers through competitive swimmers. Children will learn water safety, body positioning, proper technique and recovery. Class placement will be based on age and ability.

**Level 1 – Children should be at least three years old.**

**Purpose:** to help students feel comfortable and safe in the water. This introductory level is for non-swimmers or those who are not comfortable putting their face in the water. Skills taught include breath holding, back float, entering water independently, introduction to flutter kicking, and floating. Students with water experience may move through this level quickly.

**Level 2 – Children should be comfortable in the water and swim 10 yards of front crawl.**

**Purpose:** to give students fundamental and self-propulsion skills. Skills taught include unsupported front and back glide, front crawl coordination with breathing, and back crawl.

**Level 3 – Children should be able to swim front crawl and 10 yards of back crawl.**

**Purpose:** to build on and practice Level 2 skills. Skills taught include coordinating front crawl and back crawl, dolphin kick, and introduction to threading water, streamline, and breaststroke.

**Swim Lesson Prices –**

**Group Lessons Levels 1-3:** \$120/package of eight

**Private Lessons:** \$220/package of eight

**Semi-Private Lessons:** \$300/package of eight (\$150/person)

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**PLEASE NOTE:** Participation in a swimming program does not “drown-proof” your child. Lessons are vital for enabling your children to become more acclimated to water and to provide them with the proper tool for swimming independence. Adult supervision is essential in and around all aquatic environments, no matter their swimming ability.

# Aberdeen Lesson Registration

Private, semi-private, and group lessons are available; please indicate your choice below.  
Lessons consist of two-week sessions, four days (Tuesday-Friday) per week / 30 minutes per class

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 Parent's Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 E-Mail address: \_\_\_\_\_  
 Phone # for staff to confirm classes and speak to a parent: \_\_\_\_\_  
 Precautions/Allergies: \_\_\_\_\_

**Session #1:** May 29 - June 8

**Session #4:** July 10 - July 20

**Session #2:** June 12 - June 22

**Session #5:** July 24 - August 3

**Session #3:** June 26 - July 6

\*Memorial Day and July 4<sup>th</sup> classes are moved to the Monday's of that week\*

**Please check the classes in each session of interest:**

| Morning/Afternoon |                                       | Session # |   |   |   |   |   |
|-------------------|---------------------------------------|-----------|---|---|---|---|---|
|                   |                                       | 1         | 2 | 3 | 4 | 5 | 6 |
| 9:30 - 10:00      | Level 1: 3 to 5 yr. olds group        |           |   |   |   |   |   |
| 10:00 - 10:30     | Level 1: 3 to 5 yr. olds group        |           |   |   |   |   |   |
| 10:30 - 11:00     | Level 2: 5 to 7 yr. olds group        |           |   |   |   |   |   |
| 11:00 - 11:30     | Level 2: 5 to 7 yr. olds group        |           |   |   |   |   |   |
| 11:30 - 12:00     | Level 3: 7+ yr. olds group            |           |   |   |   |   |   |
| 12:00 - 12:30     | Level 3: 7+ yr. olds group            |           |   |   |   |   |   |
| 12:30 - 1:30      | *Private or Semi-Private upon request |           |   |   |   |   |   |
| Evening           |                                       |           |   |   |   |   |   |
| 6:00 - 6:30       | Level 1: 3 to 5 yr. olds group        |           |   |   |   |   |   |
| 6:30 - 7:00       | Level 2: 5 to 7 yr. olds group        |           |   |   |   |   |   |
| 7:00 - 7:30       | Level 3: 7+ yr. olds group            |           |   |   |   |   |   |

- Classes will be cancelled due to heavy rain and/or lightening lasting 30 minutes, prior to class start
- Class will be held as usual during light rain with no lightening. Unless you are contacted by your instructor prior to class, please come to the pool, 1<sup>st</sup> time there will be a safety day on the deck
- Follow us on **Facebook**: Aberdeen Amenity Center or **Twitter**: Aberdeen CDD for up-to-the-minute weather cancellations

**Please initial next to all bulletins stating you understand the policies:**

- \_\_\_ All lessons, unless stated otherwise, are held at the Amenity Center at 110 Flower of Scotland Ave.  
 \_\_\_ Aberdeen guarantees all Private swim lessons, due to weather related issues.  
 \_\_\_ There are no refunds nor make-ups for group swim lessons.  
 \_\_\_ If your child misses a class due to an illness a doctor's note will be required to make up the missed lesson.

**\*\* Make all checks payable to Vesta\*\***

| Check # | Cash                 | Money Order | Amount            |
|---------|----------------------|-------------|-------------------|
|         |                      |             |                   |
| Date    | Parents Printed Name |             | Parents Signature |
|         |                      |             |                   |

## **General Release and Waiver of Liability for a Minor**

In consideration of the below-named individual's ("Participant") attendance and participation in the Aberdeen Children's Programs, I, on behalf of my minor child Participant, hereby indemnify, release, hold harmless, and forever discharge Aberdeen Community Development District ("District") and its present and future Supervisors, officers, agents, staff, and employees, and Vesta Property Services, Inc. ("Vesta"), and its employees and agents (collectively, the "Indemnitees"), of and from any, and all claims, demands, expenses, debts, contracts, causes of action, lawsuits, attorney's fees, damages, and liabilities, of every kind and nature, whether known or unknown, in law or equity, that I or my child ever had or may have, arising from or in any way related to my child's participation in Aberdeen Children's Programs. I further agree that nothing herein shall constitute or be construed as a waiver of the District's limitations on liability contained in section 768.28, Florida Statutes, or other law, and nothing herein shall allow any claim which would otherwise be barred under the Doctrine of Sovereign Immunity or by operation of law.

This General Release and Waiver of Liability is binding upon myself, my spouse, heirs, executors, legal representatives, successors, and legal guardians. This General Release and Waiver of Liability contains the entire agreement between the parties and supersedes any prior written and/or oral agreements or representation made with respect to the subject matter contained herein. The provisions of this General Release and Waiver of Liability will continue in full force and effect even after the termination of the Aberdeen Children's Programs. The provisions of this waiver of liability may be waived, altered or amended or repealed, in whole or in part, only upon the prior written consent of all parties.

In the event that I cannot be reached, I authorize Aberdeen Children's Program personnel to seek emergency treatment, as required, and to transport the Participant to the appropriate medical facility in the event that urgent/emergency care is necessary. The medical facility and its medical staff have my authorization to provide any treatment which a physician deems necessary for the well-being of Participant. I understand that the resulting expenses will be my responsibility. I understand and acknowledge that the District and Vesta are not responsible for providing such treatment or transportation and I hereby agree to hold the District, its present and future supervisors, agents, officers and staff, and Vesta and its employees and agents, harmless for any acts or omissions related to emergency medical transportation and/or treatment resulting from Participant's attendance or participation in the Aberdeen Children's Program. I further agree to pay all expenses, including court costs, attorney fees, paralegal fees, and expert witness fees, incurred by the Indemnitees in investigating and/or defending a claim or lawsuit resulting from or related to the emergency medical transportation and/or treatment of the Participant.

By signing below, I certify that I am the Participant's parent and/or legal guardian and that I am legally authorized to sign this General Release and Waiver of Liability on behalf of the Participant. I am of lawful age and legally competent to sign this General Release and Waiver of Liability. I acknowledge that I have read, understand and agree to the terms outlined above:

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**Parent's Signature**

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**Date**