

2019 Intro to Competitive Techniques for Kids

Program: Learn techniques to help you swim faster – CORRECTLY! Coach Donna Schleicher will lead this class, which will follow a swim team “practice workout” format. Focus will be on teaching Freestyle, Backstroke, Breaststroke, and Butterfly along with starts, turns, and finishes as time allows.

Prerequisites: Participants must be able to swim 25 yards of Front Crawl/Freestyle and 25 yards of Back Crawl/Backstroke (25 yards is one length of the pool). Anyone unable to meet these prerequisites will not be permitted to continue with the class.

Ages: 7-12 years old

Dates: Tuesdays & Thursdays, February 26-March 21, 2019 (8 classes)

Times: 7:15 – 8:00 pm

Location: Watertown Indoor Pool, located at Riverside Middle School, 131 Hall Street

Fees: \$40.00/city residents \$60.00/non-city residents

Deadline: Registration deadline Wednesday, February 20, 2019



Register

Online: <https://watertownwi.recdesk.com/community>

Special Needs: The department will make every effort to comply with the regulations associated with the American’s with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.

Participant should communicate any special needs with their instructor.

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Name _____ Age _____ Birthdate: _____

Address _____ City _____ M or F

Phone _____ Email _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that I am/my child is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case should the need arise for emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from participation in this activity.

Signature of Parent/Guardian _____ Date _____

Fee Paid: \$40.00/city resident \$60.00/non-city resident

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