



2017 VERNON REC DEPT

American Red Cross Water Safety Instructors & Life Guards

**LEARN to SWIM AQUATIC PROGRAM**

**July 10th-August 3rd**

**\*We will now be offering one four week session.**

*Each Session runs Monday through Thursday for 30 minutes*

Preschool Aquatics Combined Levels 1,2&3: Water Exploration with helper/parent in water

Level 1: Introduction to Water

Level 2: Fundamental Aquatic Skills

Level 3: Stroke Development

Level 4: Stroke Improvement

Level 5: Stroke Refinement

Level 6: Swimming & Skill Proficiency, Personal Water Safety, Fundamentals of Diving, Fitness Swimmer  
Guard Start included in Levels 5/6 (Open to ages 11-14)

\*Adult-Teen/Older Youth any level, new, beginner, intermediate or advanced

\*Special Needs/One on One or small group

Times & Levels are arranged between 8:15am and 12:30pm.

**COST:** Residents \$50 per person/session, levels pre-6 & special/adult

\*Classes tailored to the needs of the student.

\*Times announced the Thursday before each session

\*See the bulletin board at the pool or via internet.

The "Current" swim lesson scholarship program is available to Vernon residents upon request.

**COST: NON-Residents \$85** per person/session, levels pre-6 & special/adult.



5:00-6:00pm Tuesday and Thursday Parent/Child Aquatics (Levels 1&2) **Cost for the season: \$20**  
Ages 6 months and up ++ (child NEEDS an adult in the water) **Begins June 27, 2017.**

Please register.

**CONTACT:** Vernon Rec. Dept: [www.vernonrec.com](http://www.vernonrec.com) or [seth@vernonrec.com](mailto:seth@vernonrec.com)  
Telephone: 802-254-9251

Like Us  
On  
Face Book



Other Programs available:

Water Aerobics Monday & Wednesday  
5:00-6:00pm

Diving Lessons;  
August 7th-10th, 2017 from 12 pm-1:00 pm

Swim Lesson Cancellations posted on the web site: [www.vernonrec.com](http://www.vernonrec.com), the local radio stations, Rec Dept telephone 802.254.9251 or personal email announcement.



Thursday Teen Night: Inquire at Front Desk

Adult/Individual Private Lessons available. See: Aquatic Supervisor

**PLEASE OBEY ALL POOL RULES!**

## Pool Hours of Operation:

Open to the Public Swimming

1 pm to 5 pm Everyday

6 pm to 8 pm Everyday

12 pm to 1 pm Friday and 11 am to 12 pm Saturday; Adult swim ONLY

12 pm to 5 pm Saturday

8:15 am to 12:30 pm Monday through Thursday; Swim lessons  
5 pm to 6 pm Tuesday and Thursday; Parent/Child swim lessons  
5 pm to 6 pm Monday, Wednesday; Water aerobics  
Teen Night is Thursday, time to be determined



## PLEASE OBEY ALL POOL RULES

### General Rules:

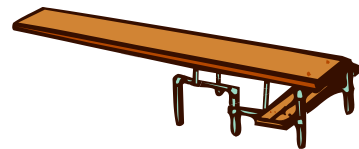
1. Walking only on the deck.
2. No pushing, splashing or dunking.
3. Lap lane is for lap swimming only, NO crossing through lap lane from shallow to deep. Walk around.
4. Lane lines are not to be played on.
5. Eating is permitted on the grass area only.
6. Devices for breathing & floating are not permitted. Properly fitted US Coast Guard PFD's are permitted.  
i.e.: Life vests/jackets
7. Glass of any kind in the pool area is not permitted.
8. Diving is allowed only in the diving well.
9. Young children must be supervised by an adult in the pool area and especially in the kiddie pool.

**10. Smoking is not permitted on town property including; pool area, bath house, parking lot, playground area, tennis courts, basketball court, hiking trails, all the ball fields on Pond road and Route 142.**

### Diving Board Rules:

1. One person permitted on a board at a time.
2. One bounce only is allowed.
3. Gainers, inwards & other dangerous dives are not permitted.
4. Divers must exit pool at ladders or respective side. No crossing in front of other board
5. All dives must be straight out from board.
6. Persons must be out of diving well before next person can dive.
7. Diving out towards lane line is dangerous.
8. Person must be able to swim the length of the pool.  
i.e.: 25 yards non stop without touching before using diving boards.

Orange Stairs for  
persons with needs  
ONLY



Lifeguards & staff  
are required to enforce these rules for our safety.

Please obey the lifeguards, staff  
and the rules posted.

Your cooperation is appreciated.

Thank you!

**REQUIRED**

Registration form available on line at www.vernonrec.com or at the Rec Office located in the Vernon Elementary school, Gov Hunt Road or at the pool 607 Pond Road Vernon VT 05354  
**PLEASE Return the LEARN to SWIM Registration Form with payment by June 10, 2016**  
Vernon Rec Dept. PO Box 56, Vernon, VT 05354  
Or to the Vernon Elementary school or the Vernon Pool 607 Pond Road, Vernon

checks payable to: THE TOWN OF VERNON

July 10th-August 3rd

**Register**

<u>PRINT</u>	Name	Age	Level

**Additional information:**

**Notes/Requests:**

\_\_\_\_\_  
Parent/Guardian Name: Complete Address Town, State Zip Code

\_\_\_\_\_  
**EMAIL Address PRINT NEATLY PLEASE**

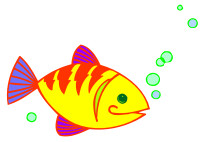
\_\_\_\_\_  
Telephone with Area Code EMERGENCY CONTACT: Name & Telephone Number

\_\_\_\_\_  
Mobile/Cell Number if different EMERGENCY CONTACT: Name & Telephone Number

Not sure of your swim level? The Aquatic Supervisor keeps that information on file, we will insert their level when the registration form is returned.

\_\_\_\_\_Or attend our swim test from 6-8 pm on Sunday **July 2nd**

Office Use Only: Date Rec'd \_\_\_\_\_ Amt Rec'd \_\_\_\_\_  
Cash \_\_\_\_\_ Check# \_\_\_\_\_



## Choosing the correct swim level

Student should be able to do each of the requirements listed to place them in this level.

The Aquatic Supervisor & Swim Instructor's reserve the right to **MOVE** students accordingly

**Classes are geared towards the swim student's ability NOT their age.**

Performance evaluations are provided at the end of each session. These evaluations explain the skills the student has tried, is continuing to work on or they have master the skill.

**\*Parent/Child:** Tuesday & Thursday 5-6 PM. Children ages 6 months through toddler, nursery or pre-school age. Parent/guardian accompanies the child in the water. No previous experience necessary. Water Exploration through play.

**\*Pre-Levels:** Child ages vary, toddler, nursery, pre-school or older. Child still needs the security of a parent/guardian or helper in the water. Parent/guardian or swim helper accompanies the child in the water. Child may or may not be able to stand independently. Minimal or no previous water experience. Or they are comfortable in the water, just not able to stand independently. A structured class setting, including play.



**\*Level ONE:** Child should be able to enter, exit and move about alone. No parent/guardian required in the water. A structured class setting.

**\*Level TWO:** Child should be able enter, exit, move about, submerge head, reach & pull (dog paddle), may or may not back float independently. No deep water experience. A structured class setting.

**\*Level THREE:** Child should be able to swim independently in the deep water, enter, exit, move about, submerge head, swim a rough looking front crawl/freestyle, back crawl, elementary backstroke and roll over. A structured class setting.



**\*Level FOUR:** Child should be able to dive in deep water, swim more refined strokes, front crawl/freestyle, back crawl, elementary backstroke, breast stroke, butterfly with breathing, tread water. A structured class setting.

**\*Level FIVE:** Fine tuning all strokes, some endurance swimming, turns, dives, entries, tread water. A structured class setting.

**\*Level SIX:** Fine tuning all strokes, endurance swimming, turns, dives, entries, tread water, ready to learn basic lifeguarding rescue skills. A more intense structured class setting.



**\*Adult/Teen/Older Youth:** Any level, new, beginner, intermediate or advanced.

**\*Special Needs/One on One:** Any age, any level of swim.

Instructor's will work with the swim student, to gain comfort, help, enjoyment, exercise in the water.





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