



Raymond Recreation Association Presents:
Swim Lessons at Crescent Lake Beach
Mondays, Wednesdays and Fridays
July 9-27, 2018

8:15-8:55	Level 4 & 5: Advanced Stroke Refinement
9:00-9:40	Level 3: Intermediate
9:45-10:25	Level 2 & 3: Strong Beginner
10:30-11:10	Level 2: Beginner
11:15-11:45	Level 1: Introductory
11:50-12:20	Parent / Child Class For Kids 3-4 years Old

Program Fee:
 \$45 Raymond Resident
 \$50 Non-Resident

FMI www.bkdfitness.com or Contact Certified Lifeguard and Instructor:
Lisa Magiera at 627-7170 or, bkdfitness@gmail.com

Registration Deadline: July 3. We will confirm your class time as soon as we can!

Payment to **Raymond Recreation. Send to: Lisa Magiera, PO Box 565, Casco, ME 04015**

SWIMMER NAME: _____ AGE: _____



Please Circle or Highlight Best answer for Swimmer.

1. In the water, I am ... Not Comfortable ... Comfortable ... Very Comfortable.
2. I can hold my breath under water ... Not at All ... For 3 Seconds ... For 5+ seconds.
3. I can float on my stomach ... Not at All ... A Little Bit ... Very Well.
4. I can float on my back ... Not at All ... A Little Bit ... Very Well. Circle ARC Level if known:
5. I can dive ... Not at All ... A Little Bit ... Very Well. I II III IV V
6. I know these basic swimming strokes:
 Front Crawl Back Crawl Breast Stroke Side Stroke Elementary Back Stroke

REGISTRATION:

Swimmer Name _____ Parent Name _____

Address _____ Town _____ Zip _____

Call this # 1st _____ Call this # 2nd _____ Text this # _____

Email _____ Health information _____

Liability Waiver and Medical Release: I _____ hereby release Raymond Recreation Association, it's employees, agents, officers and volunteers from any liability claims, demands or suits for property damage, personal injury or death, which could arise out of the course of participating in this program. I understand that this activity involves physical exercise and perhaps a health risk and I will release Raymond Recreation Association from any claims. I also grant permission for emergency medical attention should I not be able to be reached at the telephone numbers provided. I grant permission to Raymond Recreation Association to use photos from their programs in any and all publications or promotions without payment or consideration. Names will not be used in conjunction with the photos unless other permission is granted.

Signature _____ Date _____