



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SKILLS SAFETY CONFIDENCE



Scholarships Available

Islesboro Swim and Explore Wednesdays July 5–August 9

Signup by June 30th

(participation forms and registration fee should be returned to the Town Office)

Space limited—first come, first served

Cost is \$90 per student

(\$48 swim, \$43 transportation and field trips)

Daily Schedule

8:00 Meet at Ferry Landing Flag Pole
Depart 8:30 Ferry

9:30-10:15

Group 1 & 2 - Lessons in Therapy Pool
Group 3 & 4 - Free Swim in Lap Pool

10:15 - 11:00

Group 1 & 2 - Free Swim in Therapy Pool
Group 3 & 4 - Lessons in Lap Pool

11:30-3:15 Explore

Return 4:00 Ferry

What to Bring

two healthy snacks

lunch

water bottle

sun/bug lotions

towel

swim suit

a hat

wind jacket

Goggles recommended

Sign-up forms available at Town Office or on Website to be returned to the Town Office with Fees.

- 1) **New Beginner:** Introduction to swimming in a shallow, warm therapeutic pool. Focusing on developing confidence while practicing water safety, blowing bubbles, floating, gliding, and kicking.
- 2) **Advanced Beginner:** Progression of swimming skills and technique development in the deep end of the warm therapeutic pool leading up to taking and passing a deep water test.
- 3) **Intermediate:** Starting in the shallow end of the 25 yard lap pool. Focusing on endurance and strength.
- 4) **Advanced Intermediate:** Developing, training, and strengthening swim strokes and techniques in a 25 yard lap pool. Focusing on rotary breathing, endurance, and team work as the Islesboro Porpoise Team!

Free Swim: Forty-five minutes to gain confidence and comfort in the water through play.

Check our facebook page for updates: <http://bit.ly/IslesboroRecreation>

WALDO COUNTY YMCA

157 Lincolnville Avenue, Belfast ME 04915

P 207 338 4598 F 207 338 2505 www.waldocountnymca.org

The Waldo County YMCA is a 501 (c)(3) Charitable Organization

Sponsored by:

Town of Islesboro Recreation
recreation@townofislesboro.com

FMI: Merry (917)821-9269

**ISLESBORO
RECREATION
DEPARTMENT**

making play happen

Swim & Explore - 2017 Registration

SWIM & EXPLORE: Swim Lesson and Free Swim, Waldo YMCA facility and grounds, Field trips around the Camden/Lincolnton/Belfast Area and travel on bus and ferry. July 5, 12, 19, 26, Aug 2, 9, 2017

PARTICIPANT INFORMATION

Participant: _____ Gender: _____

Birthdate: _____ Age as of June 30: _____

Medical Concerns / Conditions

Medications / Allergies: _____

Date of Last Physical: _____ Date of Last Tetanus Shot: _____

Doctor's Name: _____

Doctor's Address & Phone: _____

Insurance Company: _____ Policy Number: _____

EMERGENCY CONTACT INFORMATION

Primary Parent / Guardian Name: _____

Address: _____

Home Phone: _____ Mobile Phone: _____

Email: _____

Secondary Parent / Guardian Name: _____

Address: _____

Home Phone: _____ Mobile Phone: _____

Email: _____

NOTE: In the event of emergency, your child may be transported in a private vehicle.

TELL US ABOUT YOUR SWIMMER

Please answer the following questions about your child to help us better group students for the initial swim assessment:

Puts her/his face in the water: YES NO

Submerges her/his head: YES NO

Floats on her/his front with support: YES NO; without support: YES NO

Floats on her/his back with support: YES NO; without support: YES NO

Jumps into chest deep water with help: YES NO

Jumps into chest deep water without help: YES NO

Travels for 5 body length unassisted: YES NO

Swims independently using combined arms and leg action for 5 body lengths: YES NO

Town of Islesboro Recreation Department Participant Release (Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless):

In consideration of the participation of the minor named above being permitted to participate in the (Activity): **SWIM & EXPLORE:** Swim Lesson and Free Swim, Waldo YMCA facility and grounds, Field trips around the Camden/Lincolnton/Belfast Area and travel on bus and ferry. On the dates: July 5, 12, 19, 26, Aug 2, 9, 2017

Each person signing below understands that participation in the Town of Islesboro ("Town") program, activity and/or special event can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that the Town, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) occurring during or arising out of participation in any Town program, activity and/or special event. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Town program, activity and/or special event. Each person signing below hereby releases and agrees to indemnify and hold harmless the Town, its agents, officers and employees, from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) that may arise or occur during or in connection with said program, activity and/or special event. Each person signing below further understands and agrees to abide by safety rules, regulations and policies at all times.

Signature of Participant (if under 18, must also be signed by Parent or Guardian)

Date

Signature of Parent/Guardian (if Participant is under 18)

Date

Islesboro Recreation Department - Swim & Explore

page 2 of 2



Waldo County YMCA

PHOTOGRAPHIC MODEL RELEASE

Permission to take and publish photographs taken of me / my child.

I hereby grant an irrevocable consent to the reproduction, publication and / or sale of photographs taken of me / my child by the Waldo County YMCA.

I agree that the images of me / my child may be used in any form and for any purpose whatsoever, including, editorial illustration, publications, promotional matter, advertising, trade, or gallery exhibition. I hereby release and discharge the Waldo County YMCA, and its officers, directors, members, volunteers, employees or agents from any and all claims and demands by me, my heirs or assigns arising out of or in connection with the use of these photographs.

If under age of 18, parent's signature is required.

Date: _____

Model Name: (please print): _____

Address and Telephone: _____

Signature of Model: _____

Signature of Parent: _____

Description of Photographs:

Note: you do not need to permission to photograph your children to participate.

Waldo County YMCA • 157 Lincolnville Avenue • Belfast, Maine 04915

207.338.4598 • www.waldocountymca.org

The Waldo County YMCA is a 501 (c)(3) Charitable Organization.