

Harvard Swim School Registration Form

Parent(s) Name _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Phone 2 (_____) _____

Email address (please print clearly): _____

(We will confirm receipt of your registration via email soon after March 15, 2004.)

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Participant Information (feel free to copy if you need additional space):

Name (and nickname)	Gender	Age	Level	Time	Cost
Ex: Susie Swimmer	F	6	S 1	9:30	149.00
1. _____					
2. _____					

Additional Contribution to fund-raiser for Harvard Swimming and Diving: _____

(Any additional contribution is tax-deductible.)

Total Enclosed: _____

Fee Summary:

Swimming Levels 1 & 2 (Semi-Private): \$149.00

Swimming Levels 3-6 and Diving: \$119.00

Please return this portion with your check, payable to: "HARVARD UNIVERSITY ATHLETICS."

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I, _____, for my heirs, assigns, executors and administrators, in consideration of Harvard University permitting the enrolled student to use certain facilities and property in order to participate in the Harvard University Swim School, do hereby waive and release any and all rights and claims for damage I may have against the President and Fellows of Harvard University, their agents, representatives, successors or assignees for any and all injuries to me or the enrolled student resulting from the participation in said program.

Signature of Parent or Guardian _____ Date _____

REGISTRATION:

Please fill out the attached registration form and return it by *Friday, April 2, 2004*.

WE WILL CONFIRM RECEIPT OF YOUR REGISTRATION BY EMAIL SOON AFTER IT IS RECEIVED, BEGINNING MARCH 15, 2004.

Advanced registration is strongly encouraged as classes may become filled. Note: Refunds are not possible.

COST:

The program costs \$149 for 6 semi-private lessons (Levels 1 & 2), and \$119 for all other swimming and diving classes. This program is a fund-raiser for our varsity swim programs, so additional contributions are welcome!

Please make checks payable to **HARVARD UNIVERSITY ATHLETIC DEPARTMENT**, and send registration form and check to:

Harvard University Swim School
Murr Center - 65 North Harvard Street
Boston, MA 02163-1012



Harvard University Swim School

A Varsity Athletics Fund-Raiser

— Spring, 2004 —

Saturday mornings,
April 10 - May 15

Beginner through advanced swimming and diving lessons for children and adults

Walk-ins may be turned away for Levels 1 & 2.
Advance registration is strongly encouraged!



All photos are by Tim Morse

INSTRUCTION:

A program for all levels of swimming and diving ability taught by members of the Harvard Men's and Women's Swimming and Diving Teams, under the supervision of the Varsity Coaching Staff. The purpose of the school is to give individualized instruction to children & adults. The program is for ages five (5) and up. Classes last 35-40 minutes, and each class includes a daily swimming demonstration.

WHEN:

Each Saturday for six weeks, starting on April 10 and ending on May 15. Classes are offered at 9:30 and 10:15 A.M.



WHERE:

Blodgett Olympic Swimming Pool, Harvard University.

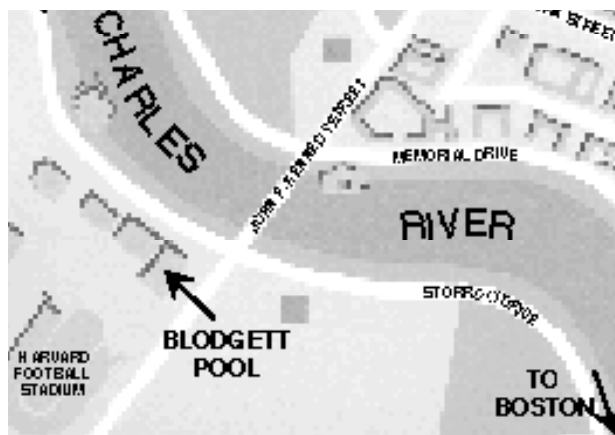
Blodgett Pool is located at the corner of North Harvard Street and Soldiers Field Road adjacent to the Murr Athletic Center, which is at the open end of the Harvard Football Stadium.

PARKING:

Parking is limited. Upon entering the athletic complex at Gate 6, proceed around the football stadium to the Visitor Parking area near the baseball field, and then walk toward the Charles River and Blodgett Pool.

If the security gate is open, you may also turn right immediately upon entering the complex to drop children off next to the Ticket Office at the Murr Center.

Short term parking is also available across North Harvard Street at the Business School. (There may be an additional fee to park at the Business School.)



CONTACT INFORMATION:

Please refer to our website to obtain additional copies of this information. You may also write to:

kdmiller@fas.harvard.edu
<http://www.athletics.harvard.edu/swimschool/>

SWIMMING LEVELS:

Levels 1 and 2 are offered as "semi-private" lessons. We will close these classes when we have reached a maximum of 2 students per instructor. The cost for these classes is slightly higher because of the additional personal attention we provide.

- 1 Non-Swimmer.
- 2 Beginner (puts face in water, can swim ten feet or so)

In Levels 3 - 6, we will create groups based on age as much as possible. The student to teacher ratio in these levels will be approximately 4:1 for Level 3, and 6:1 for Levels 4, 5 and 6.



- 3 Advanced Beginner: swims approximately twenty-five yards freestyle with face in water, and backstroke
- 4 Intermediate: The swimmer should be able to complete **at least 25 yards**, which is one length of the pool, freestyle and backstroke. This level transitions to deep water and the focus will be on learning the correct technique for freestyle and backstroke and introducing breaststroke and butterfly.
- 5 Advanced: The swimmer can complete **at least 100 consecutive yards** of freestyle and/or backstroke. This level assumes basic knowledge of all four competitive strokes and provides instruction on their proper technique.
- 6 Stroke Technique: This level is for the advanced swimmer who has the endurance to complete at least 400 consecutive yards and can perform at least 50 yards of each of the four competitive strokes. Instruction and feedback emphasize correct technique in order to make the swimmer more efficient and effective in the water.

DIVING LEVELS:

All diving classes are run together, although divers are grouped according to their ages and ability levels. Levels 1 (non-diver) and 2 (a beginner who can dive from the board) will do additional work on the ground to learn and practice body positions and boardwork techniques, and will also use the side of the pool and the 1 meter platform for takeoff and entry work.

Levels 3 (an intermediate who can do 5 or 6 different dives) and 4 (a competitive diver) will proceed to the diving boards more quickly. All divers will have an opportunity to work on both the 1 meter and 3 meter boards.

ADULTS: Please indicate swimming or diving levels as per the above criteria.