

# Bay View Association

## 2010 Recreation Department Registration

Please complete two (2) copies of this form. Thank you!

Group \_\_\_\_\_ Date \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Age \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_ Bay View Phone \_\_\_\_\_

Bay View Address \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Emergency Contact Person (other than self) \_\_\_\_\_

Emergency Phone \_\_\_\_\_

Medical History \_\_\_\_\_

Allergies/Medications \_\_\_\_\_

WEEK      1            2            3            4            5            6            7            8

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Subtotal \_\_\_\_\_

Total \_\_\_\_\_ Check # \_\_\_\_\_ Cash

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### BAY VIEW ASSOCIATION 2010 RECREATION DEPARTMENT REGISTRATION

Last Name \_\_\_\_\_ First \_\_\_\_\_

Number of Weeks \_\_\_\_\_ X Rate \_\_\_\_\_ = Amount Due \_\_\_\_\_

Amount Paid \_\_\_\_\_ Check # \_\_\_\_\_ Cash



of The United Methodist Church

Post Office Box 583 • Petoskey, MI 49770 • (616) 347-6225

## PERMISSION SLIP

I do hereby give my permission for \_\_\_\_\_ to attend the Bay View Recreation Club function. I will not hold the Bay View Association responsible for any injuries incurred on premises at the Boys' and Girls' Club or during offsite field trips.

In case of emergency, \_\_\_\_\_ has my permission to be treated by an authorized physician or clinic.

Our family has \_\_\_\_\_ medical insurance and the policy and group number are: \_\_\_\_\_.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date



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\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

# Bay View Association

## INFORMATION AND RELEASE OF LIABILITY FORM

Participant's Name (print) \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Telephone - Local \_\_\_\_\_ Other \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_ Telephone \_\_\_\_\_

### PARTICIPANT RELEASE AGREEMENT

While at Bay View, participants may be involved in activities that are physically demanding, require exposure to changing weather conditions and the use of a variety of equipment. All activities require the complete attention and responsible behavior of the participant (listed above) either individually or as part of a group. Many of these activities include inherent risks which participant agrees to accept.

By signing below, I expressly understand and agree to assume all risks of injury to participate and to release Bay View Association, its agents, employees and Board of Trustees, from any and all liability arising from bodily injuries incurred by the participant and/or any losses of personal property incurred by participant during a Bay View sponsored activity. I will indemnify and hold harmless Bay View Association, its agents, employees and Board of Trustees from any and all claims by or in behalf of participant.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Participant (parent or legal guardian if under 18 years old)

### PARTICIPANT MEDICAL TREATMENT RELEASE

I hereby give my permission for any and all medical attention necessary to be administered to my child (first) \_\_\_\_\_ (last) \_\_\_\_\_ in the event that an accident or injury occurs during my child's participation in a Bay View program. This release is effective until such time as I may be contacted, unless earlier revoked in writing. I also assume the responsibility for payment of any medical services including transportation.

Signed \_\_\_\_\_ Date \_\_\_\_\_

# American Red Cross Learn to Swim Program

## Level 1: Introduction to Water Skills

Objective: To develop a sense of comfort in the water and learn how to enjoy the water safely.

Lessons include: Basic water safety rules, using a life jacket, submerging mouth, nose and eyes (face), swimming on front and back using arm and leg actions, exhaling under water and floating on front and back.

## Level 2: Fundamental Aquatic Skills

Objective: To give students success with fundamental skills

Prerequisites: Include ability to fully submerge face for a minimum of three seconds, float on back and front with assistance, and demonstrate safe water/pool entries and exits.

Skills introduced include: Submerging entire head, front and back glides, bobbing in water, treading using arm and leg motions, jellyfish float, swimming using combined strokes on front and back, recognizing swimmers in distress and getting help.

## Level 3: Stroke Development

Objective: To build on fundamental skills (see Level 2) through guided practice.

Prerequisites: Include demonstrated ability to perform unsupported five second float or glide on front and back, and independent swimming on front and back for a minimum of five yards.

Skills introduced include: Reaching assists, swimming without assistance, front and back crawl stroke, rotary breathing in horizontal position, butterfly kick and body motion, survival floats and retrieving underwater objects.

## Level 4: Stroke Improvement

Objective: To develop confidence in the strokes learned and improve other aquatic skills.

Prerequisites: Include demonstrated ability to perform the front crawl stroke with rhythmic breathing for a minimum of 10 yards, back crawl for a minimum of 10 yards.

Skills introduced include: Breaststroke, elementary backstroke, butterfly and feet first surface dive.

## Level 5: Stroke Refinement

Objective: To provide coordination and refinement of strokes.

Prerequisites: Include demonstrated ability to perform elementary backstroke for 10 yards, sculling on back for five yards, front crawl with rotary breathing for 25 yards, back crawl for 25 yards, breaststroke kick, scissors kick and treading water for two minutes.

Skills introduced include: Open turns, front and backstroke flip turns and survival swimming.

## Level 6: Skills Proficiency

Objective: To polish strokes so students swim with more ease, efficiency, power and smoothness over greater distances.

Prerequisites: Include completion of Level 5.