

Swimming Lessons



**INVER GROVE HEIGHTS
PARKS & RECREATION**

WINTER 2017

Ratio: Six students to one instructor for Preschool through Level 3
Seven students to one instructor for levels 4-5

Class Times: Parent/Tot (1 & 2), Preschool (Tadpole, Starfish and Minnow) and Private Lessons meet for 30 minutes
Levels 1-5 meet for 40 minutes

Group Lessons: \$59 member; \$64 non-member
Teen & Adult Lessons: \$83 member; \$88 non-member
Private Lessons: \$143 member; \$148 non-member



SATURDAYS JAN. 28-MARCH 18

Time	Level	Code
9 a.m.	Private	SL-W01011
9:30 a.m.	Parent/Tot 1	SL-W0117
	Tadpole	SL-W0118
	Starfish	SL-W0119
	Level 1	SL-W0111
10:15 a.m.	Parent/Tot 2	SL-W01212
	Starfish	SL-W0129
	Level 1	SL-W0121
	Level 2	SL-W0122
11 a.m.	Minnow	SL-W01310
	Level 3	SL-W0133
	Level 4	SL-W0134
	Level 5	SL-W0135

SUNDAYS JAN. 29-MARCH 19

Time	Level	Code
4 p.m.	Parent/Tot 1	SL-W11117
	Tadpole	SL-W1118
	Starfish	SL-W1119
	Level 1	SL-W1111
4:45 p.m.	Parent/Tot 2	SL-W11212
	Minnow	SL-W11210
	Level 2	SL-W1122
	Level 3	SL-W1123
5:30 p.m.	Level 4	SL-W1134
	Level 5	SL-W1135
	Private	SL-W11311

MONDAYS JAN. 30-MARCH 20

Time	Level	Code
6:15 p.m.	Parent/Tot 1	SL-W617
	Tadpole	SL-W618
	Minnow	SL-W6110
	Level 1	SL-W611
	Level 2	SL-W612
7 p.m.	Starfish	SL-W629
	Level 1	SL-W621
	Level 2	SL-W622
	Level 3	SL-W623
	Level 4	SL-W624
7:45 p.m.	Level 3	SL-W633
	Level 5	SL-W635
	Private	SL-W6311

WEDNESDAYS FEB. 1-MARCH 22

Time	Level	Code
6:15 p.m.	Starfish	SL-W819
	Tadpole	SL-W818
	Level 1	SL-W811
	Level 2	SL-W812
	Level 3	SL-W813
7 p.m.	Parent/Tot 2	SL-W8212
	Minnow	SL-W8210
	Level 1	SL-W821
	Level 2	SL-W822
	Level 4	SL-W824
7:45 p.m.	Level 4	SL-W834
	Level 5	SL-W835
	Private	SL-W8311

TUESDAYS & THURSDAYS FEB. 28-MARCH 23

Time	Level	Code
6:15 p.m.	Tadpole	SL-W718
	Starfish	SL-W719
	Level 1	SL-W711
	Level 2	SL-W712
	Level 3	SL-W713
7 p.m.	Minnow	SL-W7210
	Tadpole	SL-W728
	Level 1	SL-W721
	Level 3	SL-W723
	Level 4	SL-W724
7:45 p.m.	Level 3	SL-W733
	Level 5	SL-W735
	Level 6	SL-W736
	Private	SL-W7311

These activities are not sponsored by ISD 199

Register at www.invergroveheights.org/register

Log Rolling (ages 6-adult)

Unsure about Log Rolling and want to try it out? Staff will be on hand to coach you on the log rolling basics. Purchase a wristband to participate!

Saturdays, Feb. 4, March 4, April 1, May 1
12-1 p.m.
\$5 per person

Log Rolling Club (ages 6-adult)

Strengthen your core and balance! Work on techniques to improve your log rolling skills. Be a part of the club! Pre-registration required.

Sundays, Jan. 29 - March 18
6:30 - 7:30 p.m.
Code: LOG100
Fee: FREE for VMCC members;
\$49/non-members

REGISTRATION FORM

INVER GROVE HEIGHTS PARKS & RECREATION DEPARTMENT

PARENT / LEGAL GURDIAN INFORMATION:

Registration Date: _____ Staff Initials: _____

Last Name: _____ First Name: _____ DOB: ____/____/____

Address: _____ City: _____ State: ____ Zip: _____

Phone: (Home) _____ (Cell) _____ (Work) _____




Email: _____ Member #: _____

TO BETTER SERVE OUR PARTICIPANTS: Please note any information we should be aware of (i.e. disability, allergy, special needs, etc...)

YOUTH SPORTS LEAGUES:

- **Volunteer Coach?** Yes ____ Name: _____ Sport: _____ Cell Phone: _____
- **Special request for teammate** (only for carpool purposes, not guaranteed, group/chain requests not honored) _____
- **We reserve the right to cancel a team without a coach.**

PARTICIPANT NAME	M/F	DOB M / D / Y	SCHOOL	GR	PROGRAM / CLASS NAME	PROGRAM #	FEE

PAYMENT TYPE: Credit Card:    (check one)	Cash ____	Check # ____ (made payable to VMCC)	TOTAL: \$ _____
Card Info Name on card _____	Account Number _____		
Signature _____	Expiration _____		Code _____

PROGRAM /CLASS REFUNDS: Your money will be refunded if your class/program is cancelled due to insufficient enrollment or if it is filled before we receive your registration. Refunds will be issued in the form of a check or reimbursement to your credit card.

If YOU cancel your class/program: Up to the start date of your class, you will receive a full refund less a \$5 processing fee. No refunds will be given after the start date of the program. Field trips, S.P.A.R.K., Mayer Arts, Music Together, Skyhawks Sports Camps and adult league refunds are not given after the registration deadline. The Kids R.O.C.K. enrollment fee is non-refundable.

Concussions: The Minnesota State Legislature passed a new law (Minnesota Statutes, Section 121A.37), which went into effect September 1, 2011 aimed at preventing and identifying concussions in youth participating in sports. Training will be provided to all coaches, staff and instructors. Free online course and credible information on the CDC website: Heads Up: Concussion In Youth Sports www.cdc.gov/concussion/HeadsUp/youth.html

Tennessen Warning: The information requested on the registration from will be used to verify eligibility and determine staff, facility and equipment needs. The information you provide may be provided to City staff, volunteers, legal counsel, insurers and auditors. Although you are not legally required to disclose the information requested, failure to do so will prevent you or your child(ren) from participating in the activity or program. Participation in the activity for which you are registering for is strictly voluntary. The activity you are registering for is not an essential service provided by the City.

Photographs of Participant: I understand that photographs of Participants may be used in the City's promotional or other published materials. If Participant does not wish to be photographed or included in these materials, Participant must provide written notice of the same. Assumption of Risk: By executing this form, you are acknowledging that the activity you are registering for may be dangerous and may involve certain risks, including but not limited to bodily injury, personal injury, sickness, disease, death and property loss or damage to yourself or others. By executing this form and participating in this activity, the Participant is assuming all such risks, known or unknown, anticipated or unanticipated.

Required Waiver: In consideration for being allowed to participate in the activity, Participant and/or Participant's parent, legal guardian, or conservator hereby releases, indemnifies, defends and holds harmless the City, its officers, officials, employees, insurers, agents, contractors, representatives, and servants, from and against all liabilities, claims, causes of action, demands, losses, damages, judgments, and other obligations (including attorneys' fees and costs), including those arising from any third party claims, on account of injury, loss or damage which arise out of, or are in any way related to, participation in the above-described activity or use of the City's facilities/property.

Note: If Participant is under 18 years old or has a legal guardian or conservator, this release must be signed by the custodial parent, legal guardian or conservator. I certify that I am the custodial parent, legal guardian or conservator of the above-named Participant. I hereby consent to his/her participation in this activity and any emergency medical treatment which may be rendered to Participant. I shall be liable for the cost of such medical treatment or services. I have read and understand the above terms and conditions and agree to be bound by them.

Name of Participant

Name of Parent / Legal Gurdial / Conservator

Signature of Participant (if over 18) / Parent / Legal Gurdial / Conservator

Date