



URBAN SWIM CLE HEIGHTS

Program Information

Urban Swim Cleveland is an extracurricular athletic swim program founded by Heights' residents designed to teach life-saving skills and developmental swim skills to all children in Cleveland Heights and surrounding suburbs. Our robust instructional swim program addresses the issue of drownings and provides developmental and competitive pathways to all children through a variety of multicultural and quality programming experiences.

Classes are recommended for children ages 6+ and are based off the Red Cross Curriculum taught by experienced USA swimming competitive swimmers and Red Cross Certified Lifeguards. We firmly believe that through our talented instructors consisting of various types of aquatic exposure and skillsets, that combined with a curriculum that is Red Cross based we will provide a unique yet familiar approach to learn-to-swim.

Classes are twice as long in length from a standard Learn-to-Swim program, and it is important for our swimmers to have access to educational programming and fun at each class at an affordable price!

We will make every effort to align your swimmer with the appropriate level. We also offer every level during each class timeslot to make it convenient for your family if you have multiple swimmers.

Scholarships are available. Please inquire with Urban Swim Cleveland, Cumberland Pool Management or Cleveland Heights Recreation Department Front Desk.



Questions? Contact us:

Coach Eddis Singleton

216-210-2604

urbanswimcle@gmail.com

Registration and Information:

<https://www.gomotionapp.com/team/urbanswim/page/home>



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Learn-to-Swim Program

Level 1 – The Cleveland Group (Beginner)

Learning Objectives

Participants will be able to:

- Demonstrate knowledge of water safety
- Demonstrate comfort in water
- Assist themselves in the water independently
- Submerge head in water

Skills Taught:

- Floating
- Submerging head
- Gliding
- Kicking
- Breath timing

Pricing:

\$50/resident

\$70/non-resident

Level 2 – The Heights Group (Intermediate)

Learning Objectives

Participants will be able to:

- Maneuver in water
- Change position in the water

Skills Taught:

- Object retrieval
- Stroke skills on front and back
- Rhythmic breathing,
- Deep - water introduction

Pricing:

\$50/resident

\$70/non-resident



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Level 3 – The Cleveland’s Heights Group (Advanced)

Learning Objectives

Participants will be able to:

- Tread water
- Build swim endurance
- Demonstrate deep water comfort
- Demonstrate rhythmic breathing while swimming
- Retrieve objects in 5 to 6 feet of water
- Refine swim strokes

Skills Taught:

- Front and back crawl
- Breaststroke and Dolphin kicking
- Introduction to breaststroke and butterfly
- Object retrieval in deeper water (5 or 6 feet of water)

Pricing:

\$50/resident

\$70/non-resident

Endurance Program

Introduction to Swimteam

Learning Objectives

Participants will be able to:

- Comfort with participating on a swimteam
- Learn swimteam practice etiquette
- Demonstrate commitment to participating on a swimteam

Skills Taught:

- Continued Stroke Development
- Learning the clock
- Learning proceedings of a practice
- Learning Starts and Flip turns
- Learning the do's and don'ts of being on a swimteam

Pricing:

\$50/resident

\$70/non-resident



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Summer 2022 Learn-to-Swim Program Schedule Overview Location: Cumberland Outdoor Pool

Dates	<u>Learn-to-Swim</u> Session 1: June 27 – July 7 (City holiday on Monday 7/4) (2 weeks)	<u>Learn-to-Swim</u> Session 2: July 11-21 (2 weeks)	<u>Learn-to-Swim</u> Session 3: July 25 - August 4 (2 weeks)	<u>Endurance – Introduction to Swimteam</u> June 27-July 23 (4 Weeks)
<u>Class Days/Hours</u>	Monday-Thursday (Makeup Friday) Class A : 10:30am-11:30am Class B: 11:45am-12:45pm	Monday-Thursday (Makeup Friday) Class A : 10:30am-11:30am Class B: 11:45am-12:45pm	Monday-Thursday (Makeup Friday) Class A : 10:30am-11:30am Class B: 11:45am-12:45pm	Monday-Thursday 11:45am-12:45pm
<u>Due Date for Registration</u>	Friday, June 24 – by check Sunday, June 26 - online	Friday, July 8– check Sunday, July 10- online	Friday, July 22– check Sunday, July 24- online	Friday, June 24 – by check Sunday, June 26 - online



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Learn-to-Swim and Endurance Program Registration Form

Location: Cumberland Outdoor Pool

(please fill out one form per participant)

Participant First Name	Participant Last Name
Current School	Current Grade Level (as of Fall 2022)
Parent/Guardian First Name	Parent/Guardian Last Name
Email address	Home Phone
Cell phone	Work phone
Home Address	City/State/Zip
Cleveland Heights Resident (please circle) Yes/No	Gender <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Prefer not to Say



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What Swimming Skill Level would you rank your child? (please check one)

- Non-Swimmer: Little to no experience in large bodies of water (e.g., pools and beaches) and/or avoids water
- Able to stand and play in large bodies of water. Seems comfortable in the water but does like to put head under.
- Beginner: can put face in the water, holds breath, tries to swim independently
- Able to float independently
- Can float, put face in the water and moves, but lacks formal training
- Experienced: Can swim and perform swim strokes



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Class Sign-Up Form

Instructions: Check all and return with each participant's registration

Participant Last Name: _____ Participant First Name: _____

Learn to Program Session 1: June 27-July 8	Learn-to-Swim Session 2: July 11-21	Learn-to-Swim Session 3: July 25-August 4	Endurance Program Introduction to Swimteam June 27-July 23
LTS Level 1 <input type="checkbox"/> 10:30a-11:30a <input type="checkbox"/> 11:45a-12:45p	LTS Level 1 <input type="checkbox"/> 10:30a-11:30a <input type="checkbox"/> 11:45a-12:45p	LTS Level 1 <input type="checkbox"/> 10:30a-11:30a <input type="checkbox"/> 11:45a-12:45p	<input type="checkbox"/> Endurance Program – 11:45a-12:45pm
LTS Level 2 <input type="checkbox"/> 10:30a-11:30a <input type="checkbox"/> 11:45a-12:45p	LTS Level 2 <input type="checkbox"/> 10:30a-11:30a <input type="checkbox"/> 11:45a-12:45p	LTS Level 2 <input type="checkbox"/> 10:30a-11:30a <input type="checkbox"/> 11:45a-12:45p	
LTS Level 3 <input type="checkbox"/> 10:30a-11:30a <input type="checkbox"/> 11:45a-12:45p	LTS Level 3 <input type="checkbox"/> 10:30a-11:30a <input type="checkbox"/> 11:45a-12:45p	LTS Level 3 <input type="checkbox"/> 10:30a-11:30a <input type="checkbox"/> 11:45a-12:45p	



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LIABILITY RELEASE, MEDICAL CERTIFICATION AND CONSENT, AND INDEMNIFICATION AGREEMENT

I, the undersigned participant, and parent, request voluntary participation for myself/minor to participate in the Learn-to-Swim Lessons between the dates of **June 27 – August 27, 2022** which occurs between the hours of **10:00am and 1:00pm** sponsored by **Urban Swim Cleveland** at Cumberland Outdoor Pool in the City of Cleveland Heights, all of which are hereinafter referred to as the “activity.”

I consent to my/minor’s participation in the activity and acknowledge that the minor and I fully understand my/minor’s participation may involve risk of serious injury or death, including losses which may result not only from my/minor’s own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with Urban Swim Cleveland, the activity coordinators, and/or event staff before I sign this Liability Release, Medical Certification and Consent, and Indemnification Agreement (“Agreement”) and before the activity begins.

Release – Minor’s Rights:

In consideration of allowing Minor Participant to participate in this event, I hereby release and hold harmless Urban Swim Cleveland and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the “Released Parties”), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activity. I also agree that if any portion of this Agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

(Print name of minor)

(Signature of minor)

(Date)

Release – Parents’/Guardians’ Rights:

In consideration of allowing Minor Participant to participate in this event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant’s participation in this activity. I also agree that if any portion of this Agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

(Print name of Parent/Guardian)

(Signature of parent)

(Date)



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Medical Certification and Consent:

I certify that I am/minor is in good health and that I have/minor has no physical condition that would prevent participation in any activities. Furthermore, I agree to use my/minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment for myself/minor in the event such care is required.

(Print name of Parent/Guardian)

(Signature of parent)

(Date)

Indemnification:

I, the undersigned participant, and/or parent/guardian further agree(s) to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from my/Minor Participant's participation in this event. I, the undersigned participant, and/or parent/guardian also agree(s) that this Indemnification extends to all acts of negligence by the undersigned participant, minor, and/or parent/guardian and this Indemnification is intended to be as broad and inclusive as is permitted by the law of the State of Ohio and that if any portion of this Indemnification is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

(Print name of Participant or Parent/Guardian)

(Signature of Participant or Parent/Guardian)

(Date)

PHOTOGRAPHY AND VIDEOGRAPHY RELEASE

TO USE THE CHILD(S) IMAGE. The Parent/Guardian permits Urban Swim Cleveland to use the photographic and/or video graphic image or likeness of the swimmer(s) in the company's publications, news, marketing, social media and promotional materials and these images may appear in any of the wide variety of media formats including, but not limited to, print, broadcast, videotape, CD/DVD, and electronic/online media.

(Print name of Participant or Parent/Guardian)

(Signature of Participant or Parent/Guardian)

(Date)