

RECREATIONAL ACTIVITIES SUMMER 2009

*Lesson Details:

LEVEL I:
INTRO TO WATER SKILLS

*Five, Fifty-Five minute lessons
*5:1 Student/Teacher ratio

LEVEL II:
FUNDAMENTAL AQUATIC SKILLS

*30 children per session maximum
*All instructors are Red Cross Certified

LEVEL III:
STROKE DEVELOPMENT

LEVEL IV:
STROKE IMPROVEMENT

LEVEL V:
STROKE REFINEMENT

LEVEL VI:
SWIMMING & SKILL PROFICIENCY

GUARD START PROGRAM
LIFEGUARDING FOR TOMORROW
AGES 11 -14 (WITH COMPLETION OF AT
LEAST ONE LEVEL VI SUB-CATEGORY)



Public \$49.00 MSU Billings \$44.00

You may enroll your child at the MSU Billings rate if you are:

- * Enrolled as an MSUB student in Spring '09
- * Currently an MSUB Student in Summer '09
- * Pre-registered at MSUB for Fall '09
- * A current Alumni Gold Card Holder
- * Presently employed at MSU Billings
- * Athletic Booster Club Member

* If you enroll your child in more than one session there is a \$5.00 discount per child for the next session(s).

*To Qualify:

*Children must be at least 44 inches tall so that they may safely and comfortably stand in the shallow end of the pool with their face out of the water.

*To Register:

- A) Make reservations in the session of your choice by calling 657-2881.
- B) Send the tear-off registration form and liability waiver in this brochure with payment to:

MSU Billings Recreational Activities
1500 University Dr.
Campus Box 570
Billings, MT 59101

- * Reservations must be made before sending in payment to ensure a position in the class requested.
- * If you send in payment without a reservation, we will make every effort to place your child in the class requested, however it is not guaranteed.
- * Sign up begins immediately.
- * Reservations will be taken until the first day of the session being reserved.

Pursuant to Titles VI and VII of the Civil Rights Act, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act, Americans With Disabilities Act of 1990, Executive Order 11246 as amended, Montana Veteran's Employment Preference Act, and the Montana State Human Rights Act--Montana State University Billings has a policy of nondiscrimination in employment to veterans, veterans with disabilities, and certain eligible relatives of veterans. Discrimination is prohibited on the basis of race, sex, color, national origin, religion, age, handicap, or marital or parental status. Any student, employee or applicant for admission or employment may file a discrimination grievance. Inquiries or grievances should be directed to the Human Resource/EEO-AA Director, McMullen Hall 310, phone (406) 657-2278 (TTY).



**American
Red Cross**

Learn-To-Swim Program

Sessions	Dates
A	June 8 - June 12
B	June 15 - June 19
C	June 22 - June 26
D	July 6 - July 10

**2009 RECREATIONAL ACTIVITIES
SUMMER**

www.msubillings.edu/recactivities

REGISTRATION FORM

(IF KNOWN)

Child's Name: _____ Child's Age: _____ Last Level Completed: _____
 Child's Name: _____ Child's Age: _____ Last Level Completed: _____
 Child's Name: _____ Child's Age: _____ Last Level Completed: _____
 Child's Name: _____ Child's Age: _____ Last Level Completed: _____
 Parent's Name(s): _____

Address: _____ City: _____ Zip: _____
 Phone: _____ Amount Enclosed: _____

Circle Session(s) requested

A 6/8---6/12	10:00 am to 10:55 am	11:05 am to 12:00 PM	1:00 PM to 1:55 PM	2:05 PM to 3:00 PM
B 6/15--6/19	10:00 am to 10:55 am	11:05 am to 12:00 PM	Time Not Available	2:05 PM to 3:00 PM
C 6/22--6/26	10:00 am to 10:55 am	11:05 am to 12:00 PM	1:00 PM to 1:55 PM	2:05 PM to 3:00 PM
D 7/6---7/10	10:00 am to 10:55 am	11:05 am to 12:00 PM	Time Not Available	2:05 PM to 3:00 PM

Fees:

Public MSU Billings
 \$49.00 \$44.00

Mail To:

MSU Billings Rec Activities
 1500 University Drive
 Campus Box 570
 Billings, MT 59101

*If you enroll your child in more than one session there is a **\$5.00** discount for the next session(s).

AGREEMENT TO PARTICIPATE
 (PRIOR TO PARTICIPATION, THIS DOCUMENT MUST BE SIGNED BY AT LEAST ONE PARENT).

Participation in swimming activities is reasonably safe as long as certain guidelines are followed. It is extremely important you are healthy and physically fit in order to be prepared to participate safely.

If you have any condition that might prevent you from participating safely or if you have had any previous injuries or complications from physical activity and exertion, you are required to communicate that information to the leader of swim program prior to your participation. By voluntarily deciding to participate in this program, you are affirmatively acknowledging that you are both physically fit enough and skilled enough to train, practice, and participate in a safe and reasonable manner. If at any time you are uncertain of your physical condition or health status, you should not participate until you have communicated that information to your program leader and you have been cleared to participate.

Although the likelihood is minimized if you participate carefully, there is always the possibility of injury when you place extra demands on the muscles, bones, joints, and ligaments in a physically active environment. Injuries that can occur as a result of your participation in this swim program

include but are not necessarily limited to the following: muscle strains; joint dislocations; ligament and joint sprains; joint soreness; abrasions; contusions; stress fractures; broken bones; drowning; and head, neck, and spinal cord injuries involving paralysis and even death. However, if you exercise care for your own safety and the safety of other participants, the likelihood of such injuries can be greatly reduced.

By signing this form, you are acknowledging that you know, understand, and appreciate the various risks associated with this swim program. Furthermore, you agree to accept and assume those risks inherent to this swim program. In addition, by signing this form, you know, understand, and agree to accept the financial cost of any injuries you might sustain while participating in this program, as well as agree to let your son/daughter be treated for the injury by the MSUB staff and/or taken to the hospital if the MSUB staff deems it necessary. Finally, by signing this form, you acknowledge all of your questions, if any, have been answered to your satisfaction.

Minor's Name (print) _____

Parent/Guardian Signature _____

Date _____

Detach and return upper portion with payment

My child is Enrolled in MSUB Swimming Lessons: _____
 (Keep for your Records)
 Session(s) _____
 June 8 - June 12 A
 June 15 - June 19 B
 June 22 - June 26 C
 July 6 - July 10 D

Free Recreational Swimming
 **Free recreation swimming will be available on Tuesday & Thursday evenings during each one week session from 6:45 PM to 7:45 PM. Swimming will be limited to the child currently enrolled plus two adults. Guest passes are available for other family members for \$5.00 ea.

SAVE THE DATE

Swimming Lessons General Information
Swim Facts
 A. Bring your child to the MSUB Physical Education Building Swimming Pool all cars using MSUB parking lots (before 4:00pm on weekdays) have a valid parking permit.
 B. Children can dress in the locker rooms located on the lower level.
 C. No children over five years old are allowed in the locker rooms of the opposite sex.
 D. All children should bring their own swim suit and towel. It is recommended that those with longer hair have swim caps, or that long hair be fastened away from the face.

Parking Information
 A. MSUB parking regulations require that MSUB Physical Education Building Swimming Pool all cars using MSUB parking lots (before 4:00pm on weekdays) have a valid parking permit.
 B. One week permits are available for \$3.
 To purchase a permit, bring \$3 to the first day of lessons and a staff member will issue you a hanging tag.
 C. Permits may be purchased with correct change at Security Office. A limited amount of permits will be available at the Pool.