



NELLIS MEMORIAL POOL

SUMMER 2023 INFORMATION

Community & Open Swim: June 26 - August 18

Community swim and open swim times are available as follows. Please note that all children under the age of 12 MUST be accompanied by an adult.

Open Swim

Mon - Fri 1:00-4:00

Open to the whole community. One swim lane will be available to be used for lap swimming only.

Adult Swim

Tue, Thur 7:00pm - 8:30pm

Open to anyone over the age of 18 or who has graduated from high school. This time is used for lap swimming, injury rehab, or general fitness.

Family Swim

Wed 7:00pm - 8:30pm

Recreational swim for the entire family! All children need to be accompanied by an adult at all times during this time.

Learn To Swim Program (M-Th): July 10 - July 20

Infant Swim

9:15am - 9:40am

This class is for 6 month old - 4 year olds that need parental support in the water. This class will focus on acclimation to the water and develop comfort with basic positions, getting their bodies, including faces, wet. Parents are required to be in the water with their child.

Level I Class

Class A: 9:45am - 10:15am

Class B: 10:55am - 11:25am

NOTE: there is no difference other than time between class A and B

Appropriate for most Kindergarten to 1st Grade students. This class will focus on how to be more independent and explore different ways to move their bodies as well as buoyancy. This class takes place in the shallow end but will explore the deep end.

Level II Class

10:20am - 10:50am

Appropriate for most 2nd to 3rd Grade students. Students in this class should already be able to swim about 5-10 yards independently and jump into deep water and return to the side. This will focus on beginning to develop basic crawl strokes and elementary backstroke.

Level III Class

10:55am - 11:25am (Time may change depending on enrollment)

Appropriate for most students in 4th grade and above. Students must be comfortable in the deep end. This class will work on developing pre-competitive skills of front crawl, back crawl, breaststroke, and butterfly as well as diving from the side and changing directions using turns on the pool wall.

Pre-Competitive & Competitive Swim

8:00am - 9:00am

This is for students in all grade levels that are looking for more of a team experience. This class will cover competitive skills including freestyle, backstroke, breaststroke, butterfly, starts & turns, reading a pace clock, and understanding workout structure.

****NEW** Adapted Swim**

11:30am - 12:00pm

Lessons can be therapeutic and very calming for swimmers with special abilities. Water can soothe sensory overload and give swimmers a feeling of weightlessness and relief from physical discomfort. Other benefits include balance, coordination, strength, and range of motion. It's not uncommon for parents to notice confidence and self-esteem boost, either. The purpose of this session will be to address individual needs as best as possible for swimmers with the following special abilities:

- ADHD
- Autism or ASD and other related developmental challenges
- Cerebral palsy
- Down syndrome
- Sensory struggles
- Other Physical challenges

Fees and Registration for LTS

Registration must be completed by June 24th. Please sign up using the Google Form:

<http://bit.ly/2023canjoswimregistration> or by completing a registration form and returning it to the East Hill School % Kevin Stuttle by June 24th with payment if necessary.

In person registration will take place on June 23rd from 3:00pm - 4:00pm at the East Hill Elementary School.

District and Enrolled Students: FREE

Out-of-District or Non-Enrolled Students: \$25/child

Make checks payable to Canajoharie Central School District

Contact Us

Any questions of concerns regarding the Nellis Memorial Pool, the Learn to Swim Program, or the pool hours, please contact Kevin Stuttle at (518) 673-6310 x1048 or email kevin.stuttle@canjo.org

Also on Facebook: @nellispool

PLEASE NOTE THAT ALL TIMES AND DATES ARE SUBJECT TO CHANGE!



NELLIS MEMORIAL POOL SUMMER LEARN TO SWIM

Student _____

Address _____

_____ District and Enrolled student (Free) _____ Non-enrolled student (\$25/session)

Please make checks out to Canajoharie Central Schools

Please indicate desired class below, please note that classes are Monday-Thursday from July 10- July 20:

Infant (9:15-9:45)	
Level Ia (9:50-10:20)	
Level II (10:25-10:55)	
Level Ib (11:00-11:30)	
Level III (11:00-11:30 OR 11:35-12:05)*	
Pre-Competitive & Competitive (8:00-9:00)	
NEW Adapted Swim	

**TIME MAY BE CHANGED DEPENDING ON ENROLLMENT NUMBERS*

PARENT/GUARDIAN INFORMATION

Name Parent/Guardian 1: _____

Phone Number: _____ Email: _____

Name Parent/Guardian 2: _____

Phone Number: _____ Email: _____

EMERGENCY CONTACT INFORMATION

Name: _____ Phone: _____

Does your child have any medical issues, diagnosis, or need any accommodations?

Waiver and Acknowledgement

I understand that participating in swim lessons involves certain risks, including but not limited to, the risk of drowning, injury from collisions with other participants, and the possibility of encountering unexpected situations that could result in injury. I acknowledge that I am voluntarily participating in these swim lessons and that I am responsible for my own safety and well-being.

I acknowledge that I have been informed of the rules and regulations governing the swim lessons, and I agree to comply with all instructions and directions provided by the instructors. I also agree to abide by any safety guidelines or procedures that are put in place during the swim lessons.

In consideration for being allowed to participate in the swim lessons, I hereby release, discharge, and hold harmless Canajoharie Central School, its officers, directors, employees, agents, and representatives from any and all claims, actions, causes of action, demands, damages, costs, expenses, and compensation whatsoever, arising out of or related to my participation in the swim lessons.

I further acknowledge and agree that this waiver and release is binding on me, my heirs, executors, administrators, and assigns.

_____ I have read and fully understand the terms of this waiver and release, and I voluntarily agree to its terms.

Please return completed form and payment (if necessary) by June 24 to:

Kevin Stuttle, Aquatics Director
Canajoharie Central School
25 School District Drive
Canajoharie, New York 13317