

Hammond Beach Summer Swim Program 2025

Swim Team

The Town of Cornwall offers a competitive swim program open to children ages 5-18. Basic Swimming skills are required as well as the ability to swim 25 yards without stopping. Swim team is an opportunity to refine skills that are worked on during lessons and to build endurance. We highly recommend enrolling in swim lessons to get focused instruction on swim techniques. Swim team utilizes Hammond Beach and CHLA for practices and informal meets. Practices are held Monday – Friday, 4pm-5:30pm with the exception of meet days. Swim Team begins on July 1st and will conclude on August 5th. The fee for this program is \$10.00 per child or \$25.00 per family. We would like to welcome Ellie Sanders as head Swim Coach and Melody Matsudaira as Assistant Swim Coach.

Swim Lessons

The Town of Cornwall offers a swim program open to children ages 3-18. Pre-registration is required for Swim Lessons so we can effectively plan. Once registration is complete, we will finalize lessons and times so that we can accommodate as many people as possible. **Please return your registration form and payment (via check) to Jane Hall at the Town Hall. You must register by July 10th.**

We offer 6 levels of the Red Cross Learn to Swim program. They are as follows:

- Level 1 Introduction to Water Skills
- Level 2 Fundamental Water Skills
- Level 3 Stroke Development
- Level 4 Stroke Improvement
- Level 5 Stroke Refinement
- Level 6 Swimming Skills and Proficiency

We will offer 2 sessions of swim lessons with dates. You may register for one or both sessions. The fee for this program is \$10.00 per child or \$25.00 **per family per session.**

Tentative Dates of Sessions

1: July 1st - July 12th

#2: July 15^h - July 26th

Checks can be made out to **Town of Cornwall. Unfortunately, we cannot accept cash.** Please contact Harry Sanders, haroldsanders0216@gmail.com with any questions.

Swim Lesson Registration

Please indicate your child's level and the preferred time below. We will finalize times closer to the start of the sessions so that we can accommodate the most participants. Please note that we may not be able to always schedule for your preferred times, but we will try our best!

- Level 1 Introduction to Water Skills
- Level 2 Fundamental Water Skills
- Level 3 Stroke Development
- Level 4 Stroke Improvement
- Level 5 Stroke Refinement
- Level 6 Swimming Skills and Proficiency

Please indicate your time preferences by noting (1 – 3) next to the time slots below, 1 being your first choice

Monday – Friday: 11am-12pm ()

Monday – Friday: 12pm-2pm ()

Monday – Friday: 2pm-4pm ()

Name of Participant: _____

Swim Level: _____ Session: _____

Name of Parents: _____

Address: _____

Phone number: _____ Email Address: _____

Preferred method of contact in case of cancellation: _____

Emergency Contact (other than parents): _____

Allergies or limitations (please explain): _____

Parent signature

Date

Fee paid: _____

Check number: _____

Swim Team Registration

Basic Swimming skills are required as well as the ability to swim 25 yards without stopping. Swim team utilizes Hammond Beach and CHLA for practices. Meets will take place throughout the region, most likely at Litchfield Country Club, Woodridge Lake and the Lakeville Grove. Practices are held Monday – Friday, 4pm-5:30pm (TBC) with the exception of meet days. Tentative Program Dates for Swim Team are July 1st to August 5th. The fee for this program is \$10.00 per child or \$25.00 per family.

Name of Participant: _____

Swim Level: _____

Name of Parents: _____

Address: _____

Phone number: _____ Email Address: _____

Preferred method of contact in case of cancellation: _____

Emergency Contact (other than parents): _____

Allergies or limitations (please explain):

Parent signature

Date

Fee paid: _____

Check number: _____