



GENEVA
 camp & retreat center
 3995 Lakeshore Drive N
 Holland, Michigan 49424

*Sign up early!
 These classes fill up fast!
 (You may sign up for more than 1 session)*

GET IN THE SWIM - 2007!

Learn how to swim in GENEVA's outdoor, heated pool this summer!

Each session meets 8 days (Tuesday-Friday for 2 weeks)

Classes are each 45 minutes long.

Parent-Tot classes are each 30 minutes long.

<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Session 4</u>	<u>Session 5</u>
June 12-15	June 26-29	July 10-13	July 24-27	Aug 7-10
June 19-22	July 3-6	July 17-20	July 31- Aug 3	Aug 14-17



Cancellation policy: Cancellations must be received at least 7 days before swim session begins in order to receive a refund. All refunds are subject to a \$10 administrative fee. There is no refund for missed sessions or less.

Class size:

- 8 students/instructor for Parent-Tot
- 4 students/instructor for Levels 1 and 2
- 6 students/instructor for Level 3
- 8 students/instructor for Levels 4 through 6

Cost for 8-day session: \$48.00

Minimum age of swimmer: 5 years old
Parent - Tot swim: 2 - 5 years old

See reverse side for class descriptions and make-up policy.

All swimmers will be tested on the first day of lessons to be sure they are in the appropriate class for their level

2007 SWIMMING LESSONS REGISTRATION FORM

Indicate your 1st, 2nd, and 3rd choice by writing 1, 2, and 3 next to the classes you prefer.

Swimmer's Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone _____

Parent Name(s) _____

Full fee must accompany this registration. You may bring form to the office or mail it in. Registrations using credit card as payment may be faxed to 616-399-5180.

Credit Card Information:

Please bill my credit card. GENEVA accepts Mastercard, Visa, and Discover.

Card # _____ Exp Date _____

Signature _____

	<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Session 4</u>	<u>Session 5</u>
June 12-22	June 26-July 6	July 10-20	July 24-Aug 3	Aug 7-17	
9:00 am	Level 3 _____ Level 4 _____ Level 5 _____	Level 4 _____ Level 5 _____ Lev 6A _____	Level 3 _____ Level 4 _____ Level 5 _____	Level 4 _____ Level 5 _____ Lev 6B _____	Level 4 _____ Level 5 _____ Level 6C _____
10:00 am	Level 2 _____ Level 3 _____	Level 2 _____ Level 3 _____	Level 2 _____ Level 3 _____	Level 2 _____ Level 3 _____	Level 3 _____ Level 2 _____
11:00 am	Level 1 _____ Level 2 _____	Level 1 _____ Level 2 _____	Level 1 _____ Par/Tot _____	Level 1 _____ Level 2 _____	Level 1 _____ Par/Tot _____

For Office use only

Date Rec'd _____ Session # _____ Level # _____ Time _____

Date _____ Amt _____ Ck# _____ From _____

Please call Corie for further information or email corie@campgeneva.org.



Important Information - Please read carefully

Cancellation policy

Cancellations must be received at least 7 days before swim session begins in order to receive a refund. All refunds are subject to a \$10 administrative fee. **There is no refund for missed sessions or lessons.**

Make-up policy

If it is necessary to cancel a class because of inclement weather, one of the waterfront staff will call you at least 1/2 hour before class is scheduled to begin. If you can't be reached by phone, you may call our office at 399-3150 after 8:00 am. Our make-up classes are generally held on the Monday following the cancelled class. Occasionally, because of other programs we have at GENEVA, it may be necessary to hold a make-up class on Saturday.

Determining appropriate level for your child - Red Cross Guidelines

Please use the following descriptions to help you decide which level your child should be entering. **Please remember that children often need to take a level more than once in order to pass it.** All classes are open to students ages 5 and over. The average ages given below are only meant as a guide.

Parent - Tot Swim (ages 2-5)

Students have little previous water experience, may prefer a flotation device, reluctant to submerge, or prefers parent in water. Use swimmy diapers if needed. Parent must be in the water with the child. Class length is 30 minutes.

Level 1 - Introduction to Water Skills (Average age 5-6)

Level 1--helps students feel comfortable in the water. Includes: Put face in water, Swim on back and front using leg and arm actions, Safety rules, Floating on back and front.

Level 2 - Fundamental Aquatic Skills (Average age 5-8)

Level 2--gives students success with fundamental skills. Includes: Open eyes under water, Swim on side, Tread water, Swim on front and back using combined strokes.

Level 3 - Stroke Development (Average age 6-9)

Level 3--builds on the skills learned in Level 2. Includes: Jump into water from side of pool, Survival float, Butterfly kick and body motion, Dive from standing or kneeling position, Submerge and retrieve an object, Front and back crawl, Bob with head fully submerged.

Level 4 - Stroke Improvement (Average age 7-10)

Level 4--develops confidence in the skills learned. Includes: Perform shallow dive, Open turns, Swim under water, Tread water, Front crawl, Breaststroke, Swim on side, Butterfly.

Level 5 - Stroke Refinement (Average age 8-11)

Level 5--provides further coordination and refinement of strokes. Includes: Tread water with two different strokes, Standing dive, Pike surface dive, Front flip turn, Backstroke flip turn, Sidestroke.

Level 6 - Swimming and Skill Proficiency (Average age 10-12)

Level 6--is designed with 3 options that focus on preparing swimmers in different areas. The options include: Session 2--Personal Water Safety- **6A**, Session 4--Fitness Swimmer- **6B**, and Session 5--Lifeguard Readiness- **6C**. These options begin to prepare students to participate in competitive swimming or lifeguard training. Because of the variety, swimmers may enroll in all 3 classes.