



GET IN THE SWIM - 2009

Take swim lessons in GENEVA's heated, outdoor pool this summer!

Each session meets 8 days (Tuesday-Friday for 2 weeks).
Parent-Tot classes are each 30 minutes long.
Other classes are 45 minutes long.
You may sign up for more than one session.

Class size:
8 students/instructor for Parent-Tot
4 students/instructor for Levels P1-P3 and 1-2
6 students/instructor for Level 3
8 students/instructor for Levels 4-6

Session 1 Session 2 Session 3 Session 4
June 16-26 July 7-17 July 21-31 August 4-14

Cost for 8-day session: \$50.00



Parent-Tot swim: 2-4 years old
Preschool Levels 1-3 (P1-P3): 4-5 years old
Learn to swim levels 1-6: 6 years and older

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

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

2009 SWIMMING LESSONS REGISTRATION FORM

(Please use a separate form for each child. This form may be duplicated.)

Swimmer's Name _____ M / F

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

Age of swimmer _____ Phone # _____

<u>Session 1</u> June 16-26	<u>Session 2</u> July 7-17	<u>Session 3</u> July 21-31	<u>Session 4</u> Aug 4-14
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Parent Name(s) _____

9:00am			
Level 3 _____	Level 3 _____	Level 4 _____	Level 4 _____
Level 4 _____	Level 4 _____	Level 5 _____	Level 5 _____
Level 5 _____	Level 5 _____	Level 6 _____	Level 6 _____

Email Address _____

10:00am			
Level 1 _____	Level P2 _____	Level P3 _____	Level 2 _____
Level 2 _____	Level 2 _____	Level 2 _____	Level 3 _____
		Level 3 _____	

Address _____

11:00am			
Level P1 _____	Level P1 _____	Level P1 _____	Level P2 _____
Level P2 _____	Level P2 _____	Level P2 _____	Level P3 _____
Level P3 _____	Level P3 _____	Parent/Tot _____	Parent/Tot _____

City _____ State _____ Zip _____

Full payment **must** accompany this registration. You may bring this form to the office or mail it in. Registrations using credit/debit 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 _____

Name on Card _____

Address (if different than above) _____

Phone _____

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 \$15 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 30 minutes before class is scheduled to begin. If you can't be reached by phone, you may call our office at 399.3150 after 8:00am. 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

The Red Cross has introduced PRESCHOOL levels for younger children this year. 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.**

<u>Parent-Tot Swim</u> (ages 2-4)	<u>Preschool Level 1</u> <u>(P1)</u> (ages 4-5)	<u>Preschool Level 2</u> <u>(P2)</u> (ages 4-5)	<u>Preschool Level 3</u> <u>(P3)</u> (ages 4-5)	<u>Level 1-Intro to</u> <u>Water Skills</u> (ages 6 and up)
<ul style="list-style-type: none"> • Little previous water experience • May prefer a flotation device • Are reluctant to submerge • Prefer parent in water • Use swimmy diapers if needed • Parent must be in the water with the child • Class length is 30 minutes. 	<ul style="list-style-type: none"> • Orients children to aquatic environment and helps them gain basic skills • Enter & exit water using ladder, steps, and side • Submerge mouth, nose, and eyes • Back float • Treading water • Combined arm and leg actions 	<ul style="list-style-type: none"> • Helps children gain independence in their skills and develop comfort in the water • Open eyes and retrieve object • Bobbing in the water • Front & Back floats • Treading water • Finning arm action on back 	<ul style="list-style-type: none"> • Helps children start to gain basic swimming propulsive skills • Enter by jumping in • Fully submerge and hold breath • Front, jellyfish, and tuck floats • Back float and glide • Change direction of travel on front and back 	<ul style="list-style-type: none"> • Blow bubbles through mouth and nose • Bobbing • Open eyes and retrieve submerged object • Front & Back glides and floats • Roll from back to front and front to back • Tread water • Combined leg & arm action on front and back
<u>Level 2-Fundamental Aquatic Skills</u> (ages 6 and up)	<u>Level 3-Stroke Development</u> (average age 6-9)	<u>Level 4-Stroke Improvement</u> (average age 7-10)	<u>Level 5-Stroke Refinement</u> (average age 8-11)	<u>Level 6-Swimming and Skill Proficiency</u> (average age 10-12)
<ul style="list-style-type: none"> • Enter & exit by stepping or jumping from the side • Fully submerge and hold breath • Front, jellyfish, and tuck floats • Front & back glides and floats • Change direction of travel while on front and back • Tread water • Finning arm action 	<ul style="list-style-type: none"> • Enter by jumping from side • Headfirst entries from side in sitting & kneeling positions • Bobbing while moving toward safety • Rotary breathing • Survival float • Flutter, scissor, dolphin, and breast stroke on front • Front crawl & elementary back stroke 	<ul style="list-style-type: none"> • Headfirst entries from side in compact and stride positions • Swim under water • Feet first surface dive • Survival swimming • Front crawl & back-stroke open turns • Tread water using two different strokes • Flutter and dolphin kicks on back 	<ul style="list-style-type: none"> • Shallow-angle dive from side then glide and begin a front stroke • Tuck & pike surface dives, submerge completely • Front flip turn and backstroke flip turn while swimming • Sculling 	<ul style="list-style-type: none"> • Refines the strokes so swimmers swim with ease, efficiency and power over greater distances • Helps prepare participants for more advanced courses or other aquatic activities