

Swim Lessons

Virginia Swim Club Management, Inc.

Learn-To-Swim School – 2011

Virginia Swim Club Management believes in providing children with a positive environment in which they can feel comfortable and learn basic water safety. We feel that through patience, encouragement, and frequent repetition of skills, your child will have a fun, safe and rewarding swimming experience.

Group lessons ratio is 4 swimmers per one instructor.

Classes are held Monday – Thursday for 30 minutes for the four day session.

Session dates are as follows:



Session I:	June 13 – June 16
Session II:	June 20 – June 23
Session III:	June 27 – June 30
Session IV:	July 4 – July 7
Session V:	July 11 – July 14
Session VI:	July 18 – July 21
Session VII:	July 25 – July 28

Class Description:

Tadpole I and II (Ages 3-6)*:

Tadpole I class is for a child who may be apprehensive in the water or who has never had swim lessons. Participants may not be comfortable with their face getting wet. This class introduces new little swimmers to the pool and helps them become acquainted with the pool and the use of flotation devices. Little swimmers will develop safe water habits in a fun and encouraging environment.

Tadpole II class is for the beginner swimmer who is comfortable in the water but has not yet mastered certain skills. Participants should be comfortable well adjusted to the water (don't mind getting their face wet) and eager to learn kicking and progressive paddle-stroke. Additionally they learn more about pool safety and developing independent floating skills.

Minnows I and II (Ages 6-9)*:

Minnow I swimmers learn front and back floating skills, the paddle-stroke, flutter kick, elementary backstroke, personal safety and the use of flotation devices. This class is for the school-age swimmer who has never had swim lessons.

Minnows II swimmers continue to build confidence in their abilities by practicing paddle-stroke skills, floating, and rotary breathing without the aid of flotation devices. Children learn new skills such as treading water and survival floating. Lead-up strokes to the front crawl, back-stroke, sidestroke, breaststroke and elementary backstroke are also introduced at this level. Students must be comfortable in the deep end and be able to swim 25 yards without a flotation device.

Dolphin (Ages 7 and up)*: In the **Dolphin** level, children refine the front crawl, backstroke, elementary backstroke, sidestroke and breaststroke. The butterfly is also introduced at this level. Dolphin swimmers continue to build endurance by swimming up to 200 yards. Stroke technique and endurance are emphasized.

Stroke Clinic (Ages 8 and up): is an advanced level where students focus on stroke enhancements and more endurance. Open turns and treading water with rotary kick are introduced to students at this level. Students are also introduced to three new strokes: the inverted breaststroke, the trudgen crawl and the over arm sidestroke.

*Classes maybe combined.

Costs:

Group Lessons:	\$ 45 per session (per student)
Semi-Private (2 students):	\$ 55 per session (per student)
Private (1 student only):	\$ 95 per session

**** Payment is required at the time of registration and 72 hr notice required for refund. ****

Enrollment is available during pool hours and must be done in person. Checks should be made payable to Virginia Swim Club Management. See your Swim Club Manager for more information.

WAIVER/RELEASE OF LIABILITY

**PLEASE READ CAREFULLY BEFORE SIGNING.
THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.**

I, _____, the enrolled participant, and/or the parent/guardian of the participant agree and understand that swimming is a hazardous activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death.

The participant hereby agrees to participate in VSCM Swim/School and hereby agrees to indemnify and hold harmless VSCM Swim/School, VSCM, coaches, officers, directors, agents, and employees against any liability resulting from any injury that may occur to the participant while participating in the lessons. The participant also agrees to indemnify VSCM for any damages incurred or arising from any claims, demands, actions, or causes of action by the participant.

The participant authorizes any representative of the Swim/School staff to have the participant treated in any medical emergency during his/her participation in the lessons. Further, the participant and/or parent/guardian agree to pay all costs associated with medical care and transport for the participant.

I HAVE READ CAREFULLY THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed: _____ Date: _____

(Participant or Parent/Guardian)

Phone: _____

Emergency Contact and Phone: _____

Medical or Health Conditions that Swim Staff Should Know About: _____

ENROLLMENT FORM

*Please detach and give this form to the lifeguards.
This form will be used to schedule your swim lesson class.*

Please complete one form for each child enrolled in SwimSchool, and for each session enrolled.

Please print:

Child's Name _____

Age _____ Level _____ Session _____

1st Preferred Class Time _____ Location _____

2nd Preferred Class Time _____

Parent's Name _____

Address _____ Email _____

City _____ Zip Code _____

Day Phone _____ Evening Phone _____

Registrations accepted until classes are filled and payment must be submitted at the time of registration. **Checks made payable to VSCM. Confirmation of class registrations will be communicated by the Thursday before the start of each session. Refunds are ONLY issued if the session is cancelled 72 hours before the beginning of class.**

For SwimSchool Staff Only:

Session(s) _____

Time(s) _____

Check/Cash _____