

SWIM AMERICA SWIM SCHOOL

POOL LOCATION: Virginia Wesleyan College
1584 Wesleyan Drive
Norfolk, VA 23502
(you may get directions at wvc.edu)

REGISTRATION INFO: Complete the attached registration form and mail it to:
Swim America Swim School
5165 Stratford Chase Drive
Virginia Beach, VA 23464

<u>SESSION DATES/TIMES</u>	Fall Session	Winter Session	Spring Session
	10/25/09 - 11/22/09	1/17/10 - 2/14/10	3/14/10 - 4/18/10
	4:00 p.m. & 5:00 p.m. class	4:00 p.m. & 5:00 p.m. class	4:00 p.m. & 5:00 p.m. class
	(Each session consists of 5 Sunday classes)		

OTHER DETAILS If you require any additional information, please contact Miss Cheri via e-mail at 143trees@cox.net or call 474-1015

SWIM AMERICA SWIM LESSON CHILDREN/ADULT PROGRAM

Is a station-by-station (10 stations) lesson program where the participant proceed through each station at their own rate in a goal-driven and technique-oriented structure with immediate rewards for successful completion of set goals. School Age children need the swim school to learn to swim on top of the water. Underwater swimming will not save your life!! Learning a good freestyle stroke with proper air exchange will help the participant build confidence in the water and may even save their life. This skill along with the proper development of all four competitive strokes are the mainstay of the Swim America Swim School. The coach to swimmer ratio is no more than 1:6.

SWIM AMERICA SWIM LESSON PRESCHOOL PROGRAM

Is a 10-station lesson program designed for the specific needs of our younger "swimmers". Pre-school children need the swim school to learn safety skills. The most important skill that your child will learn is to float on his/her back and get air. Other skills, such as swimming to the wall in case they accidentally fall into the water, need to be learned as well. Instructors, and not the parents are in the water with the students at all times and class size is no more than four children per instructor.

SWIM AMERICA SWIM SCHOOL

2009-10 SCHOOL YEAR REGISTRATION FORM

Sponsored by Old Dominion Aquatic Club

Fall Session 10/25/09 - 11/22/09	Winter Session 1/17/10 - 2/14/10	Spring Session 3/14/10 - 4/18/10 (no class on April 4th)
Pre-school 4:00 p.m. _____ Children 4:00 p.m. _____ 5:00 p.m. _____ 5:00 p.m. _____	Pre-school 4:00 p.m. _____ Children 4:00 p.m. _____ 5:00 p.m. _____ 5:00 p.m. _____	Pre-school 4:00 p.m. _____ Children 4:00 p.m. _____ 5:00 p.m. _____ 5:00 p.m. _____

Other Information

- o Indicate your requested session(s) and class time(s)
- o All sessions consist of five Sunday classes
- o Cost for Preschool and Children sessions are \$50.00 per session, per participant
- o There is a one-time per year \$10.00 per family, registration fee. This includes a Swim America Swim School T-Shirt, program award system and plenty of goodies.
- o An optional uniform for all participants is being made available which consists of a swim suit and swim cap.
- o The Preschool Program is for children 2 1/2 - 5 years of age and each class lasts 30 minutes. The Children Program is for children 5 - 16 years of age and each class lasts 40 minutes.
- o Any further information or questions, please call e-mail Miss Cheri at 143trees@cox.net or call at 757-474-1015

Uniform Information

Will participant be ordering a uniform?

If yes, please circle sex and size. All sizes are available for male and female

Female 4-5 / 22 / 24 / 26 / 28 / 30 / 32 / 34 / 36 / 38 / 40

Male Brief 4-5 / 22 / 24 / 26 / 28 / 30 / 32 / 34 / 36 / 38 / 40

Male Jammer 4-5 / 22 / 24 / 26 / 28 / 30 / 32 / 34 / 36 / 38 / 40

Fee Summary

Total Class Fee (\$50) x Number of sessions	\$	
Registration Fee (\$10/Family/Year)	\$	
Uniform Fee (optional)	\$	
Female - \$45 Male Brief - \$25 Male Jammer - \$35		
 Total Amount Enclosed	 \$	

Checks should be made payable to "Swim America" and mailed to: Swim America
 5165 Stratford Chase
 Virginia Beach, VA 23464

SWIM AMERICA SWIM SCHOOL REGISTRATION INFORMATION

Name of Parent/Guardian _____ Home Phone _____ Work Phone _____

Address _____ State _____ Zip Code _____

Email Address _____ *PLEASE PROVIDE-IMPORTANT COMMUNICATIONS TOOL FOR US*

STUDENT INFORMATION

NAME-as you would like to have it appear on your child's SWIM AMERICA certificate	AGE	PRESCHOOL / CHILDREN'S PROGRAM	T-SHIRT SIZE indicate either CS, CM, CL AS, AM, AL, AXL	CONDITION/ MEDICATION ETC.

Has student ever participated in Swim America? Yes _____ No _____

If Yes -
When _____
Where _____

If so, to what station did you achieve (how many stickers on your certificate?) _____

How did you hear of us? Existing Swim America Family _____ Newspaper _____ Other _____
If the referral is from an existing Swim America Family, please provide name so we may send them their \$5.00-off coupon. (Remember, if you bring a friend, you are eligible for this program also)

NAME _____
ADDRESS _____

SWIM AMERICA RELEASE STATEMENT

I hereby give my consent for the attached name participant to participate with the Swim America Swim School. I authorize Swim America to obtain through a physician of the local administration of Swim America program choice, any emergency care that may become reasonably necessary for the participant in the course of such activities including transportation via ambulance. I understand and agree that the Swim America Association, Virginia Wesleyan College and the Old Dominion Aquatic Club, their trustees, officers representatives, employees or contractors shall be free of any liabilities or claims for damages arising by any reason of injuries to anyone in the course of such activities. I expressly agree to waive claim as condition of being allowed to participate.

SWIM AMERICA POLICY STATEMENT

Due to facility limitations, I understand that there will be no rain make-up classes offered. I understand that if my child is ill during registered class days and times, I must inform the Program Director or Site Supervisor before said class. Class make-up will be allowed for illness only if a physician's note is received by the Program Director or Site Supervisor. At that time, a letter will be sent to the class participant giving credit for the allowed make-up time. No refunds will be given at any time.

Signature of Parent or Guardian _____ Date _____

Signature of Parent or Guardian _____ Date _____