



Swimming Instruction with an Eternal Difference For 2024: Age 5 to Senior Adults

APPLY FOR LESSONS AND STAFF
ONLINE at chpc.org/swim

SWIM MINISTRY QUESTIONS?
513-919-9658

or email KATY.VERHAGEN@GMAIL.COM

The Goal of the CHPC Swim Ministry is to equip students for what the American Red Cross describes as "survival swimming." An integral part of such survival is being relaxed and confident in the water so that swimming is fun. Our focus is not on speed or beautiful swimming. We prepare students for a lifetime relationship with water, including the Living Water, Jesus Christ, the rest will follow.

Teaching Philosophy

We believe that God has gifted the teaching staff with the talent to help others to enjoy water and swimming. We are available to teach so that God may teach through us. We are accountable to Him to use our talents, and we expect Him to do miraculous things in our midst.

The classes and teaching have been structured so that students are able to build a relationship with a teacher. We view each class as an opportunity for teachers, teachers' aides, and students to join together to discover their unique capabilities and to grow as people, not just as swimmers! We teach and, in turn, are taught by the LORD through meeting the needs of each student.

We strongly believe in the power of prayer in the teaching and learning process: prayer by teachers, students, parents and friends. Anxiety, fear, and negative memories are powerful deterrents to learning. We have seen Jesus Christ calm such "winds and waves" of fear, just as surely as He did over 2000 years ago on the Sea of Galilee. Philippians 4:13 says, "I can do anything God wants me to do by the power He gives me to do it!" Even the smallest faith in a great God releases God's amazing power.

Lastly, we seek to "catch students doing something right." We are committed to affirming the swimmers' personhood and abilities, rather than motivating performances by techniques that tend to devalue them in their own eyes and in the eyes of others.

Courses Offered

The Swim Ministry is an American Red Cross (ARC) provider for Level 1 (Novice) through Level 6 (Advanced Skills). When registering a swimmer, you will be asked about skill levels. Refer to the levels described below. If the swimmer has had no experience or has had a negative experience, please note that on the APPLICATION form.

The swimmer can easily do these skills:

Level 1: (A) Enter the water (ladder, steps, or side); travel 5 yds; bob 3 times; then exit pool. (B) Glide on front 2 body lengths; roll to back and float (3 seconds); and recover to a vertical position (with armbands or other support).

Level 2: (A) Step into chest-deep water; front float (5 sec); roll to back and float (5 sec); stand. (B) Back float (5 sec); roll to

front; stand. Push off; swim 5 Body Lengths on front; roll to back; float (15 sec); roll to front and swim 5 body lengths.

Level 3: (A) Jump into deep water from the side and swim front crawl for 15 yards; (B) maintain position by treading or floating (30 sec); and swim elementary backstroke 15yds.

Level 4: (A) Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards. (B) Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.

Level 5: (A) Shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary, and swim elementary backstroke for 50 yards. (B) Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards.

Level 6: (A) Swim 500 yards with no stops, using 3 strokes of your choice, swimming at least 50 yards of each stroke. (B) Jump into deep water; survival float for 5 min., roll to back; back float for 5 minutes. Feet-first surface dive; retrieve an object in at least 7 feet of water; return to starting point.

Locations & Times

This summer, the Swim Ministry is graciously hosted by two pools in Northwest Cincinnati.

North Hills Swim Club: A multi-level pool good for all skill levels, plus a diving area needed for upper level classes. 6346 Daly Rd. Take Ronald Reagan to Hamilton Ave or Winton Rd. Daly is midway between the two. The pool is south of Galbraith Rd, north of North Bend Rd. 513-521-4620.

The Connection at Twin Towers Retirement Community: A shallower, warm water pool perfect for adults. 5343 Hamilton Ave. 513-853-4100. The pool is 3.5 miles south of Ronald Reagan Highway, south of the Belmont Ave intersection; located on the ground floor. Park and enter at the rear of the main building.

Lessons are taught in 1 week sessions and are held rain or shine for about 50 minutes/day for five consecutive days.

Class Times

• **CHILDREN & TEEN SWIMMERS** AT NORTH HILLS SWIM CLUB—*Mornings:* 3 Separate Weeks—10 AM, 11 AM, 12PM
ARC Skill Levels 1 - 6 are taught in the morning most weeks.

• **ADULT & SPECIAL NEEDS SWIMMERS** AT TWIN TOWERS
Evenings: 2 Separate one week sessions—6-7 PM
in the warm water indoor pool at Twin Towers in College Hill.
Skill Levels 1 -6: for those fearful with no previous lessons, through advanced swimmers wanting to perfect their strokes.
Questions? Contact Katy Verhagen Wilson (513-919-9658);
Katy.Verhagen@gmail.com, Swim Ministry Administrator.

Lessons Cost \$70 per swimmer per week

which may be paid online or by check.

- **STEP #1 Registration Fee - \$35 per swimmer, per week.** This *non-refundable fee* reserves a teacher for the student(s). No action will be taken on an application without payment of the Registration Fee(s).
- **STEP #2 Class Fee - an additional \$35 per swimmer, per week.** Due the first 1st day of a week of swim classes.

Complete the Online Application Form at www.chpc.org/swim

The form automatically calculates your fee to REGISTER all the swimmers you enter. You can choose to pay just the **Registration Fee(s)** or to pay the whole \$70/swimmer.

- Use a credit card and secure online payment method, or
- Mail a check/money order for your fees—

Payable to CHPC Swim Ministry

c/o CHPC, 5742 Hamilton Ave., Cincinnati OH 45224

Scholarships—A limited number of part or full scholarships are available. Please follow the directions on the application form to apply. Questions? Contact Katy Verhagen (513) 919-9658.

After the Application Is Submitted Online

1. You will receive an email receipt with your application date and the fees paid online. If you did not pay by credit card, it is your responsibility to pay the fees by mail quickly. No action will be taken on your application until the non-refundable registration fee(s) are paid.
2. The Parent/Guardian listed on the Application will be notified by mail or email of the assigned class time (10 AM, 11 AM, 12 PM, or evening) at least one week prior to the requested swim week(s).
3. Please call or text Katy Verhagen (513) 919-9658 if you must cancel/change a reservation. We keep a waiting list.

General Information

You may apply for any and all of the teaching weeks. Inexperienced or reluctant swimmers will especially benefit from more than one week of lessons per summer. When you apply, list your time preferences and the family members/friends /carpool who need to attend classes at the same hour. We will seek to honor your requests. Placement is on a first-come-first-served basis.

Pay Registration Fees quickly so your application is not delayed. Fees may be paid by credit card or check.

When fees are paid, we assign a swimmer's class level based on the information provided on the Application Form. During lessons, we reserve the right to move a student into a level appropriate to his/her abilities.

The weeks and times a particular skill level is offered is established by the Registrar based on student needs and effective utilization of instructors and facilities. Levels 1 through 6 may be offered all weeks and for several hours. Levels 5 and 6 lessons require a deep-water pool to complete.

48

YEARS

Delivering the Joy of Living Water



2024 Class Schedule

CHILDREN (age 5 and above) / YOUTHS North Hills Swim Club 10 AM, 11 AM, 12 PM

JULY: Week #1

	Mon	Tu	W	Th	F
July	15	16	17	18	19

JULY-AUGUST: Week # 2

	Mon	Tu	W	Th	F
July	29	30	31	Aug 1	2

ADULTS - Twin Towers Pool 6-7 PM

Adults Week A

	Mon	Tu	W	Th	F
July	8	9	10	11	12

Adults Week B

July	22	23	24	25	26
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Class Information

Students should arrive 10 minutes early on the first day of their swim week, be dressed in their swimsuits, and bring a towel. Classes are held rain or shine. Observers are encouraged. Homework given. Miracles are expected!

Teaching Aides Swimmers who are at least 11 years old and working at ARC Level 4 or higher may apply to participate in our Teaching Aides Program, which combines class work with experience in teaching others. Call Katy Verhagen (513-919-9658) and ask for details.

Teaching Staff Founded in 1976, this unique ministry has a large staff of American Red Cross certified instructors, life guards, supervisors and Junior and Senior High Teaching Aides. Every summer there is a good mix of staff—some with 60+ years of experience and others who are new teachers being supervised by experienced staff. Adult staff are believers confessing Jesus Christ as Savior and Lord.

Donate a Scholarship The Swim Ministry is one of the summer ministries of College Hill Presbyterian Church but is totally self-supporting. 30% of our income is from grants and scholarship fund donors (individuals and businesses). These *tax deductible* gifts make it possible for children to have fun learning to swim and reduce drowning deaths: \$70 = one full scholarship. Go to chpc.org/give/ and select "Swim Scholarships" to donate by credit card.

Practice Makes Perfect. Join a pool.

• **North Hills Swim Club**—a neighborhood treasure. Open Memorial Day weekend through Labor Day. Pool with lap lanes and diving well, baby pool area, picnic area with grills, the award-winning Froggies Swim and Dive Teams, family fun nights/fund raisers, and adult and kids-oriented social events throughout the summer. Free WiFi. Member owned and managed. Memberships fit everyone: new single/couple/family memberships from \$338 to \$723. PayPal and credit cards accepted. More Information? Go online: nhswim.net .

• **"The Connection" at the Twin Towers Life-Enriching Community**—Open year-around to adults at least 50 years old; single and couple memberships. State-of-the-art facility emphasizing whole person health and wellness: 75-foot-long warm-water pool, whirlpool, water or land classes, water aerobics for fitness and arthritis; training and fitness coaches; massage therapy. Call 513-853-4100 for hours and information. The website is <https://lec.org/twin-towers/fitness-center/> .