



# Group Swim Lessons 2019

## Group Classes

\*\*\* **Please note:** participants must be registered for lessons at least a week in advance. We recommend lessons for those who are looking to learn the fundamentals of swimming or are preparing to join an entry level swim team. Advanced swimmers are encouraged to try out for an organized team before seeking swimming lessons.

**NOW OFFERING ONE, TWO WEEK SESSION AND EVENING TIMES!!!**

PLEASE CIRCLE THE APPROPRIATE SESSION, LEVELS, AND TIMES

Sessions	Times	Levels
One Week:		
	MTThF	
July 8 <sup>th</sup> -12 <sup>th</sup>	10:00-10:30am, 11:00-11:30pm, 12:00-12:30pm, 2:00-2:30pm 3:00-3:30pm	I II III IV
July 29 <sup>th</sup> -August 2 <sup>nd</sup>	4:00-4:30pm, 5:00-5:30pm	
Two Week:		
	MTThF:	
July 15 <sup>th</sup> -26 <sup>th</sup>	10:00-10:30am, 11:00-11:30pm, 12:00-12:30pm, 2:00-2:30pm 3:00-3:30pm 4:00-4:30pm, 5:00-5:30pm	I II III IV
Saturday Sessions: July 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	9:45 -10:30am, 10:30-11:15am 11:15-12:00pm	I II III IV

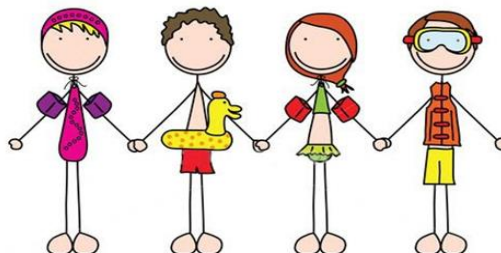
**CLASSES WILL MEET MONDAY, TUESDAY, THURSDAY & FRIDAY! THIS INCLUDES THE ONE, TWO WEEK SESSION. YOU WILL HAVE THE WEEKEND OFF. RESUME MONDAY.**

**FEES: One-week sessions (4 classes): \$40**

**Two-week session (8 classes): \$75**

**Saturday Sessions (4 classes): \$40**

\* Please note that the one-week and two-week classes are 30 minutes long each. The Saturday classes are 45 minutes long.



Make up classes must see Melanie Crews

- **Make up class vouchers will be given for closures of the pool only**



# FLC Swim Lesson Information

## Registration Procedures:

Please keep the first page as a reminder of your child's dates and times. Circle your 1<sup>st</sup> choice.

1. Complete the registration form. Please use the Level Description as a guide when selecting the session.
2. Submit your form and payment to the FLFC staff at the Welcome desk.
3. Please keep the first page of the packet, as a reminder of your class time.

## Programs:

### Swim lessons -3 years-up

Comprehensive aquatics program that teaches children to swim and prepares swimmers for swim team.

## Family Life Fitness Center Swim

### Lesson Guidelines:

1. One-piece bathing suits are required for all girls. Stomachs must be covered.
2. Belts and noodles are provided for swimmers who need support with flotation. Blow-up flotation devices are not permitted. The FLFC only uses Coast Guard Approved devices in our pool.
3. If there is a storm or if the pool is closed due to unforeseen circumstances i.e. mechanical problems, pathogen contamination, building closing, weather etc., you will

receive a swim lesson voucher for the class missed.

4. The FLFC follows WSFC schools for closings and dismissals. If the schools are closed, there will be no swim lessons, if they are dismissed early, there will be no lessons. For school delays, we will conduct all evening classes.

5. If your child misses class (due to sickness, vacation, or any other reason), there will be no "make-up" class available. We strive to keep the classes small, with a lower teacher/student ratio. This ensures that each student is given the attention he/she needs. Please try to make each and every class.

**If you have any questions regarding swim lessons, please call our Aquatics office at 996-7388 ext. 143.**

### Please Read the Following Information:

- All registrations are taken as a first come first served basis
- Classes will be limited to 8 students per 2 instructors
- During the class parents will only be permitted to sit on the deep end side of the pool.
- If the child is moved up a level the parent/guardian will be notified.
- NO MONETARY REFUNDS
- Spots will not be held unless paid for at the time of sign up.

# Swim Lesson Level Descriptions

## Swim Lesson Levels (3 years-up)

Level 1: “Seahorses” - Gets in and out of the water with assistance, be able to blow bubbles from nose, perform 5 bobs with assistance, be able to fully submerge head, floats with assistance, uses long arm movements while swimming on stomach with assistance, kicks with legs behind them with kickboard, introduce front and back glides, retrieves objects from water no less than two feet deep, jumps in while holding onto instructor. Know pool rules.

Level 2: “Sea Turtle” – Gets in and out of the water, perform 10 bobs (blowing bubbles from nose), alternating arm movements with kicking, flutter kick on stomach and back using a kickboard, float on back and front, performs back and front glides in streamline with assistance, jumps in the water and swims to the wall with assistance, begin learning freestyle and backstroke, retrieves objects in shallow water from pool bottom with assistance, tread water with assistance for 30 secs; Know pool rules.

Level 3: “Sea Octopus” – Gets in and out of the water, perform 15 bobs (blowing bubbles from nose), recovers from floating position face up or face down to a vertical position, perform front and back glides 5 feet in streamline, changes direction of travel while swimming, able to tread water for 30 secs, retrieves objects in shallow water from pool bottom, flutter kick 10 meters with kickboard, swims freestyle and backstroke 15 meters, introduce breaststroke, jumps and swims to ladder independently, introduce kneeling and standing dive, Know pool rules.

Level 4: “Dolphins” – Swims freestyle and backstroke 25 meters, swims breaststroke 15 meters, introduce butterfly, kicks with kickboard front and back 25 meters, perform front and back glides 5 to 7 feet in streamline, tread water 60 secs, retrieve objects from 6 ft, introduce flipturns, perform kneeling and standing dive, Know pool Rules.

Greetings Swim Parents!

Welcome to the Family Life Fitness Center (FLFC) swimming program. We are delighted to be working with your child this session. Each of our instructors has been training, learning, and is looking forward to teaching your child to swim! Thank you for allowing us to serve you and your family!

Each swimmer must remain out of the water until their instructor has started the class. Children may remain seated under where their level sign is posted on the wall. If you need to speak with your child's instructor, please do so at the end of class. Any questions or concerns about your child's progress can be answered at this time as well.

We make every attempt to place your child in the appropriate class. Sometimes, we will need to move your child to another class to help them achieve to the best of their ability. If the instructor feels your child should be moved, the instructor will let you know after the **FIRST** class.

If you plan to watch your child during the lesson, please take a seat on the benches at the **DEEP END OF THE POOL**. No one is allowed at the shallow end during lessons. Please do not talk to your child during their lesson. If your child is distracted by you being visible, you may be asked to leave the pool area so the lesson will benefit your child. Doors to the pool area must remain closed. Everyone must come in the front door of the building and **sign in** at the front desk.

The FLFC facilities are available for you to use if you prefer not to be in the pool area during lessons. For more information about the FLFC contact Dan Hipply at 996-7388 ext 110 or you can email him at [danh@fccministries.com](mailto:danh@fccministries.com). You are required to have a facilities number and must sign in at the front desk to be in the fitness areas of the building. In case of emergency, you have to remain somewhere in the building during swim lessons. Because our staff is teaching or lifeguarding, they are **NOT** responsible to take your child to the bathroom. Please make sure someone is available to take them to the bathroom.

At the end of a session your child will receive a certificate listing the skills that have been completed. Swim medals will be given when a child completes every skill for the level. Your child's progress will depend on you supporting our instructors and keeping a positive attitude about swimming. Consistency is the key! Please come to open swim and practice. It is available to you as a student in swim lessons. Have fun with what you have learned! We also request that you fill out an evaluation form for each class at the end of your session. This ensures that all students' needs are being met and helps us improve, as a community facility and as swim instructors.

Any concerns regarding your child's progress, instruction or any questions should be directed to our Aquatics office at (336) 996-7388 ext. 143 or email at [flfc@fccministries.com](mailto:flfc@fccministries.com)

Blessings to you and your family,

The FLFC and the Aquatics Staff

“Train up a child in the way he should go, even when he is old he will not depart from it.” Proverbs 22:6



# Family Life Fitness Center

## Swim lessons

### 2019

\*\*\*Please note: that if you are planning on signing your child up the day of the class you are required to call to ensure there is an opening for your child. Thank you!

**Parents Name:** \_\_\_\_\_

**Childs Name/Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Contact Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

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#### WAIVER FOR PARTICIPANTS

Under 18 Must Be Signed by Parent or Legal Guardian

I the parent / legal guardian of the above child understand the risks associated with water activities including swimming lessons. I will release indemnify and hold harmless First Christian Ministries of Kernersville and its employees, instructors and agents for any accident or injury that could occur to my child as a result of participating. I will also stay in the building during the event time in the area I have designated. Regarding private swim lessons, you must notify your instructor 4 or more hours in advance. In the event of a no-show or unauthorized schedule change, you will be charged for the session. There will be no make-up for that session. If the instructor fails to show up for the scheduled session, the instructor will be required to make the session up.

Signature of Parent/Guardian : \_\_\_\_\_ Date: \_\_\_\_\_

#### Completed by FLC Staff Only

Date received registration \_\_\_/\_\_\_/\_\_\_

#### Payment Information

Date received payment \_\_\_/\_\_\_/\_\_\_

Amount received \$ \_\_\_\_\_

Cash \_\_\_\_\_ Check# \_\_\_\_\_

Staff Signature \_\_\_\_\_