



# Family Life Fitness Center

## Private Swim Lessons

### 2019

#### Private Packages

##### 1 Swimmer

- 4 Lessons - \$80
- 8 Lessons - \$144
- 12 Lessons- \$204

##### 2 Swimmers

- 4 Lessons - \$140
- 8 Lessons - \$252
- 12 Lessons - \$357

##### 3 Swimmers

- 4 Lessons - \$180
- 8 Lessons - \$324
- 12 Lessons - \$459

PLEASE CIRCLE THE APPROPRIATE PACKAGE

**AFTER YOUR REGISTRATION IS RECEIVED YOUR ASSIGNED INSTRUCTOR WILL CONTACT WITH YOU WITHIN 1-2 BUSINESS DAYS**

#### Single Lessons

- 1 Swimmer- \$25
- 2 Swimmers-\$35
- 3 Swimmers-\$45





# 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:

#### Parent/Tot:

Infants 6 – 36 months of age will have a 30 minute lesson with a parent in the water with them.

#### 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., we will reschedule the first class cancelled. If two classes in one session are cancelled, we will not reschedule the second 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, 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 Grace Pryor, Aquatics Manager at 996-7388 ext. 143.**

# Swim Lesson Level Descriptions

## Parent – Tot Program (private lessons)

Level 1 (Ages 6 months – 3 years): “Wee Swimmers” – Breath control under water, Floats assisted or unassisted, rolls front – to – back unassisted, uses leg and arm movements.

Level 2 (Ages 18 months to 3 years): “Wee Swimmers” – Glides or swims from instructor to parent, gets in and out of water, enters from the pool deck.

## 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, preform 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, preform 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, preform 15 bobs (blowing bubbles from nose), recovers from floating position face up or face down to a vertical position, preform 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.

Level 5: “Swordfish” – Swims freestyle and backstroke 50 meters, Swims breaststroke 25 meters, swims butterfly 25 meters, perform front and back glides into stroke, tread water 90 secs, retrieves multiple objects from 6 ft, perform dives into stroke, flip turns for freestyle and backstroke, introduce two hand touch open turn for butterfly and breaststroke, 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 Hippy at 996-7388 ext110 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 Grace Pryor at 996-7388 extension 143 or email at [Grace.Pryor@fccministries.com](mailto:Grace.Pryor@fccministries.com)

Blessings to you and your family,  
Grace Pryor 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

## Private Swim lessons

### Please Read the Following Information:

- All registrations are taken as a first come first served basis
- During the class parents will only be permitted to sit on the deep end side of the pool.
- NO MONETARY REFUNDS
- Spots will not be held unless paid for at the time of sign up.

Participants Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Parent/ Guardian's Name \_\_\_\_\_

Contact Number \_\_\_\_\_

Email \_\_\_\_\_

Date/Time Interested in Swim lessons \_\_\_\_\_

### PLEASE CIRCLE THE APPROPRIATE PACKAGE

**AFTER YOUR REGISTRATION IS RECEIVED YOUR ASSIGNED INSTRUCTOR WILL CONTACT WITH YOU WITHIN 1-2 BUSINESS DAYS**

#### Single Lessons

- 1 Swimmer- \$25
- 2 Swimmers - \$35
- 3 Swimmers - \$45

#### Private Packages

##### 1 Swimmer

- 4 Lessons - \$80
- 8 Lessons - \$144
- 12 Lessons- \$204

##### 2 Swimmers

- 4 Lessons - \$140
- 8 Lessons - \$252
- 12 Lessons - \$357

##### 3 Swimmers

- 4 Lessons - \$180
- 8 Lessons - \$324
- 12 Lessons - \$459

#### 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 \_\_\_\_\_