

November 2011-May 2012

# STROKE SCHOOL

Lakeshore Athletic Club \* 300 Summit Blvd. \* Broomfield, Colorado 80021

Main Desk Phone: 303-729-4300 \* website: www.lzac-flatiron.com

Aquatics Manager Direct Line: 303-729-2556

Email: SwimAmericaLAC@powerwellness.com

Fax: 303-729-2550

Today's Date: \_\_\_\_\_

## Pre-Competitive Group

Date your child will begin lessons: \_\_\_\_\_

Child One Name:	Age:	Member of club? YES NO	New to Program? YES NO	MALE FEMALE	Passed Level 5/6 or have coach permission
Child Two Name:	Age:	Member of club? YES NO	New to Program? YES NO	MALE FEMALE	Passed Level 5/6 or have coach permission

MOTHER'S NAME:

Member: Y N

EMAIL ADDRESS:

Best Phone # To Call:

FATHER'S NAME:

Member: Y N

2nd Phone Number:

### BILLING INFORMATION & Check Out:

AMEX          VISA          MASTERCARD          DISCOVER CARD          CHECK (ATTACHED) \_\_\_\_\_          HOUSE CHARGE \_\_\_\_\_

CREDIT CARD OR DEBIT CARD NUMBER: \_\_\_\_\_          Expiration Date: \_\_\_\_\_

Signature (REQUIRED BY ALL) \_\_\_\_\_

- ◆ Non-members paying monthly must include credit or debit card number. Checks are NOT acceptable for On-Going monthly billing option
- ◆ Members who choose On-going Monthly billing must choose the House Charge option. The card you have on file for dues will be charged for swimming lessons on the 5th business day of the month.
- ◆ Lessons are Non-refundable.

SWIM SCHEDULE	DAY	TIME	ALTERNATE TIME E-Mail notification if used
LESSON #1			
LESSON #2			
NOTES:			

Lesson Total: \_\_\_\_\_

Equipment Total: \_\_\_\_\_

TOTAL: \_\_\_\_\_



Please complete this form if you are NOT a member of  
Lakeshore Athletic Club.

## SwimAmerica GUEST REGISTRATION

NAME OF PARENT: \_\_\_\_\_  
(Please Print)

NAME OF CHILDREN : \_\_\_\_\_

All exercises and use of all facilities shall be undertaken by the guest at the guest's sole risk. The club shall not be liable for any claims, demands, injuries, damages, action or causes of action whatsoever, to person or property arising out of or connected with the use of any of the services or facilities of the Club or the premises where the same are located or arising out of acts of active or possible negligence on the part of the Club, its employees or agents.

I have read this agreement and the rules and regulations of the Club which are incorporated herein by reference and I agree to be bound



## Step Two: Choosing A Swimming Session & Payment Options

- Lakeshore Aquatics Programs run year-round, with breaks for major holidays and end of summer.
- Payment in advance provides the best monetary value for lessons. No refunds for this option unless unforeseen circumstances necessitate moving more than 25 miles from the club. Medical emergencies will be considered with a doctor's note and unused lessons will be credited for future use. (Broken leg, prolonged illness, etc.)
- On-going Monthly Billing provides more flexibility. Cancelling the On-going Monthly Billing must be done in writing and notice must be received before the 20th of the prior month. EXAMPLE: Notice received by 20th of October to cancel for November billing.
- To change your schedule: Complete the Change Request Form. Changes to your child/children's weekly schedule may include a day or time change &/or you may add an additional lesson per week. There is a four lesson minimum when adding a second lesson. The pricing for the second lesson per week is found on the Change Request Form.



<b>SWIMAMERICA</b> New Year, Spring & Summer sessions will also be offered.	<b>TERM</b> Year –Round Programming	<b>TERM LENGTH</b>	<b>MEMBER PRICING</b> Child must be member to receive member pricing.	<b>NON-MEMBER PRICING</b> Member pricing will apply if you join the club. Let us know!	<b>TOTAL COST</b>
<b>SCHOOL YEAR PAID IN ADVANCE</b>	<b>October 31, 2011-May 24, 2012</b>	<b>24 weeks</b>	1 X PER WEEK \$336 2X PER WEEK \$600	1 X PER WEEK \$420 2X PER WEEK \$750	
<b>PAID MONTHLY (On-going Billing)</b>	Billed on the 5th working day of the month.	Must cancel by 20th of previous month.	1 X PER WEEK \$57 2X PER WEEK \$103	1 X PER WEEK \$71 2X PER WEEK \$128	
<b>ONE CALENDAR MONTH</b> Used for kids returning to the program for a re-fresher or for those who want a trial month. This is the most expensive option. See above for the on-going monthly billing option. If you would like to continue lessons after this month new registration information is required.	<b>MONTH:</b> _____  The day of the week you choose determines if this is a 4 lesson month or a five lesson month.	You may add a second lesson per week @ \$15mem/19non-mem each. Multiply \$15 x4 or 5 member Multiply \$19 X 4 or 5=non-mem Add to the total price of the month.	<b>4 wks x 4 LESSONS: \$68</b> <b>5 wks x 5 LESSONS: \$85</b>	<b>4 weeks x 4 LESSONS: \$84</b> <b>5 weeks x 5 LESSONS: \$105</b>	
<b>EQUIPMENT: (Circle choices &amp; total equipment)</b> Suit is required. Cap is optional. Goggles of your choice are required. Prices are subject to change.	<b>MALE SUIT (\$25.98 w/ tax)</b>  <b>FEMALE SUIT (\$31.98 w/tax)</b>	<b>CAP</b> <b>(\$11.91 w/ tax)</b>	<b>GOGGLES</b> <b>(\$11.91 w/ tax)</b>	<b>WETSUIT</b> <b>(\$34.64 w/tax)</b>	<b>Equipment Total:</b>

**Step Three: Choose Your Day/s & Time/s** Please mark your day and time in the white box. Copy this information on page one of the form with billing information.



**Summer League Stroke School (Suitable for those who have passed level 5/6 of SwimAmerica or have previous swim team experience)**

- For Summer League swimmers who want to work on their stroke technique.
- Must have working knowledge of freestyle & backstroke. Breaststroke & Butterfly knowledge is helpful.
- Consideration given to BVSSL guidelines so participants can remain eligible for summer league competition.
- Will cover rules of all four competitive strokes as swimmers become more familiar with the competitive swim team practice format.

**Pre-Competitive Group (Suitable for those who have passed level 5/6 of SwimAmerica)**

- Organized by Ability & Age. Minimum age = 5 years through teen-age
- Must be able to swim 25 yards of freestyle and backstroke with correct technique or have passed Level 5/6 of SwimAmerica
- Learn & Improve Stroke Technique in a team setting
- Includes optional, fun swim meets. (additional cost associated with optional swim meets)
- Participation in this option past Oct. 31, 2011 excludes your swimmer from the BVSSL, 2012 Summer Season!

TIME OF DAY	Monday PM PRE-TEAM	Tuesday PM STROKE	Wednesday PM PRE-TEAM	Thursday PM STROKE SCHOOL	Saturday AM STROKE SCHOOL
4:00 –4:45 PM					
4:45—5:30 PM					
10:15-11:00 AM					

**MAKE-UP LESSONS POLICY** SIX MAKE-UP LESSONS will provided for the year beginning September 2011 and ending August 2012.

- Space is limited. If you make a reservation and then do not attend, **you will be charged \$25 for the missed lesson.** Cancellation of the lesson must be received 24 hours in advance not to be charged. Please call 303-729-2556 to cancel the lesson.
- There are three, 30-minute time slots for make-up lessons. (4:30-5:00, 5:00-5:30 & 5:30-6:00).
- Please fill out the **Make-up Lesson Request Form** found on deck or on-line at [www.lzac-flatiron.com](http://www.lzac-flatiron.com). You must make a reservation to receive a make-up lesson.
- You may only schedule one make-up lesson per day, per child & please only schedule one month's make-up lesson at a time.
- Reservations will be closed the Friday prior to the make-up lesson date.
- We do not make confirmation phone calls. Unless you are notified, report to class at the time you have reserved.
- **This is a new policy for Stroke School. Student/Teacher ratio makes it impossible for us to provide a make-up lesson during the regular weekly schedule.**

**Dates for Make-up Lessons: ALL SUNDAYS-See Lakeshore Aquatics Programs Calendar**

**#1. October 23, 2011 #2. December 4, 2011 #3. February 26, 2012 #4. April 15, 2012 #5. June 24, 2012 #6. August 12, 2012**

## WHAT EVERYONE NEEDS TO KNOW:

### REGISTRATION PROCESS

- \* Registration forms can be picked up at the club or found on-line at [www.lsaac-flatiron.com](http://www.lsaac-flatiron.com). No on-line registration is available at this time. Return your form to Lakeshore Aquatics Department. There is a locked box at the front desk to keep payment information secure. You can mail your registration to the club or fax it to JD Klingenberg attention at 303-729-2550. You may also email your registration information to [SwimAmericaLAC@powerwellness.com](mailto:SwimAmericaLAC@powerwellness.com).
- \* Registration Information must be received by the Lakeshore Aquatics Department three (3) business days before your child begins lessons.
- \* **Choose the program that best suits your child** from the following choices:
  - \* A) **SwimAmerica** Group Lessons for 3-13 years
  - \* B) **AquaShrimps** (Parent/Child class 9months-3 yrs.)
  - \* C) **Stroke School** (Non-competitive technique work suitable for kids participating in summer league.)
  - \* D) **Pre- Competitive Group** (Learn & improve stroke technique in a team setting-transitional group for those who would like to be on our year-round swim team. Must have passed level 5/6 of SwimAmerica.)
  - \* E) **Private Instruction.** Recommended for newcomers to SwimAmerica, especially 4 & Under.
- \* **Next choose a swimming session & payment option.** The year-round programs have been divided into sessions, or you can pay monthly. Payment options are designed to encourage weekly participation. Twice weekly is always a good idea but not always possible. A second lesson per week is offered at a lower price to encourage families to participate at this level when their schedules permit.
- \* **Choose the day/days & times for lessons** (must include alternate time for your lesson/s). Your child's swim schedule can be changed as the year progresses. Changes to your child's weekly schedule require written notice on a Change Request Form. Staff are hired and placed on the schedule based on your registration. There will be six make-up lessons provided on a designated Sunday afternoon, every other month. We cannot provide make up lessons during the regularly scheduled weekly lessons. Thank you for your understanding.
- \* **Provide personal information & billing information.** Payment information or a check for payment in full must be received with your registration form or the form will not be processed. Lakeshore deadlines for changes to your account will be followed. Once your session has begun there are no refunds. Teachers are hired based on your registration.

- \* We try to keep phone calls and emails to a minimum so we can spend more time in the water teaching. **Confirmation phone calls are not possible.** If we cannot accommodate your preferred day and time we will email to confirm that your alternate time was used or to make other arrangements. Otherwise, please be on the pool deck three- to five minutes before class time. (10 minutes if picking up swimming equipment.)
- \* Un-used group lessons may be converted to private lessons with a certified SwimAmerica instructor if group lessons are not a good fit for you.
- \* Lakeshore Aquatic programs run year-round, with breaks for major holidays and end of summer.
- \* Rain checks will be issued for unforeseen pool closures.
- \* Prices are subject to change.

### EQUIPMENT REQUIREMENTS

- \* **SwimAmerica "Team Suit"** or uniform is required for group lessons. The suits are designed to shed water. Many fashion suits for girls or jammies for boys can retain up to 5 pounds of water when wet making it hard to learn-to-swim. If the suit is lost or damages you must purchase another suit.
- \* In all other programs, including private lessons, students should arrive in appropriate competitive swim attire. Bikinis, jammies & other fashion suits are ill advised for learning to swim. In our AquaShrimp parent/child class we require non-disposable swim diapers.
- \* **Goggles**-Required for all lessons. You do not have to buy our goggles, but we sell a great pair at a reasonable price. \*Encouraged in AquaShrimps, but not required.
- \* **Bathing Cap**-Hair must be out of swimmer's face. Braiding the hair or ponytails are O.K. Swim caps keep goggles from sliding out of place. Highly recommended.
- \* **Wetsuits** are optional—if worn, the wetsuit must fit securely and leave the child's arms free to swim (Farmer John style).
- \* **Swim Fins**-Provided by the club. Should you wish to purchase your own please ask the program director.

### LESSON ETIQUETTE

- \* Checking in at the front desk for swim lessons: **Members** have your membership card swiped as usual. If your child is not listed on the membership, please follow the steps below for non-member children. You may "up-grade" your membership and add swimmers. Other membership benefits apply when up-grading.
- \* Enrolling a **non-member child** in Aquatics programs: 1. Complete the guest registration attached to the registration form. 2. In addition all guests must sign the day roster upon arriving at the club. Please stop at the front desk and check-in with the attendant. All non-member adults must sign-in.
- \* Access to the facility is limited to 15 minutes before and 15 minutes after the lesson. This time window is intended for changing clothes. Non-member parent use of the facility during lesson time requires an additional guest fee per adult. In order to avoid confusion please keep your guest receipt handy and be prepared to show this to the Site Supervisor. Violation of this agreement will result in dismissal from the program without a refund.
- \* Children must be escorted by their parent or guardian to the pool area. Parents/Guardians do not have to be present on the pool deck during the lesson, but you must be on time to pick-up your child.
- \* Our Site Supervisor is available to answer your questions about your child's progress. For the safety of the swimmers in the water, direct all conversation, comments and concerns to the Site Supervisor on deck. In the interest of effective teaching and ultimately the safety of the children, please do not interrupt a lesson in progress by talking to the teacher in the water. **NO EXCEPTIONS-this is a safety issue.**
- \* Please keep children not participating in a lesson away from the edge of the pool.
- \* Food is not allowed on the pool deck.
- \* Participants in the program line-up near their station a minute or two before start time and are invited into the pool by their teacher. We do not allow them to play swim while lessons are in progress.
- \* **SUGGESTION:** We encourage you to watch your child/children. However, should your presence become a distraction, it is suggested that you observe from an unseen vantage point in order for the swimmer to focus on the instructor.



# CHANGE REQUEST FORM

# LAKESHORE AQUATICS PROGRAMS



Today's Date: \_\_\_\_\_

Please circle the program that will be changed:

SwimAmerica   AquaShrimps   Stroke School   Pre-Competitive Group

Child #1 : \_\_\_\_\_ SwimA Level \_\_\_\_\_

Child #2 : \_\_\_\_\_ SwimA Level \_\_\_\_\_

**\*CHANGE LESSON TIME** (\$10 per child member / \$12.50 per child non-member)

Request to change time must be received at least 1 week prior to change. Must include an alternate time.

Current Lesson Time: DAY: \_\_\_\_\_ TIME: \_\_\_\_\_

DAY: \_\_\_\_\_ TIME: \_\_\_\_\_

Change to: DAY: \_\_\_\_\_ TIME: \_\_\_\_\_

Alternate Time: DAY: \_\_\_\_\_ TIME: \_\_\_\_\_

**\*ADD A SECOND LESSON TO MY CHILD'S WEEKLY SCHEDULE**  
(\$11/lesson member & \$13.75 per lesson non-member)

ADD: DAY: \_\_\_\_\_ TIME: \_\_\_\_\_

Alternate Time: DAY: \_\_\_\_\_ TIME: \_\_\_\_\_

(Must schedule 1 month minimum) Begin: \_\_\_\_\_ End: \_\_\_\_\_

**\*CANCEL ON-GOING BILLING** (Must be received before 20th of previous month to take effect.)

Effective for the month of: \_\_\_\_\_

**\*MEMBERSHIP STATUS CHANGE** (Must be received before 20th of previous month to take effect.)

(Please Circle)   My child is now a member.   My child is no longer a member.

Signature of Parent: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email Address: \_\_\_\_\_

(Email confirmation will be sent.)



# MAKE-UP LESSON REQUEST FORM

# SwimAmerica/Stroke Scool/Pre-Competitive Group

Today's Date: \_\_\_\_\_

#1 Child Name: \_\_\_\_\_

SwimAmerica Level: \_\_\_\_\_ Stroke School \_\_\_\_\_ Pre -Team \_\_\_\_\_

#2 Child Name: \_\_\_\_\_

SwimAmerica Level: \_\_\_\_\_ Stroke School \_\_\_\_\_ Pre -Team \_\_\_\_\_

Dates for Make-up Lessons: (Circle the Make-Up Lesson you will attend.)  
**(ALL SUNDAYS)**

#1. October 23, 2011   #2. December 4, 2011   #3. February 26, 2012

#4. April 15, 2012   #5. June 24, 2012   #6. August 12, 2012

Circle Time You Will Attend Make-Up Lesson:

4:30-5:00 PM   5:00-5:30 PM   5:30-6:00 PM

Name of Parent: \_\_\_\_\_

Phone number: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

- Please note that no confirmation calls will be made. If we cannot accommodate your request we will contact you to make other arrangements.
- Reservations close the Friday before the make-up date.
- You may only schedule one date at a time.
- Space is limited. If you do not cancel your reservation 24 hrs. in advance you will be charged \$25 per missed lesson. Please call 303-729-2556 to cancel.