



# SwimAmerica

## School Year 2010-2011

**Early Bird Special:** Children registered for the Fall Session or The Whole School year will receive their choice of free goggles or swim cap. Registration forms must be received by August 23rd to qualify. No equipment substitutions.

For Children 3 to 13 September 7, 2010 through May 26, 2011

<b>SWIMMER INFORMATION:</b>		AGE	Boy / Girl	SwimAmerica LEVEL <small>*see note #3 below</small>	Suit Size?	Member of club?
Today's date: _____ Date you will start Lessons: _____						
1st Child						
2nd Child						
3rd Child						
Mother's Name (First & Last)	Member?	Best Phone # to call:				
Father's Name (First & Last)	Member?	Second Phone #:				
		Email Address:				

- #1 **MARK** the white box below to indicate lesson day or days & time.
- #2 **We do not make confirmation phone calls.** Unless you are notified, assume your registration time is confirmed and report to class at the time selected.
- #3 Children new to the program will be evaluated & placed in the appropriate level during their first lesson.

**Class times for SWIMAMERICA LEVELS ONE THROUGH FOUR:**

TIME OF DAY Levels 1-4	Tuesday AM	Wednesday AM	Thursday AM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Saturday AM
9:30- 10 AM								
10-10:30 AM								
10:30-11 AM								
4-4:30 PM								
4:30-5 PM								
5-5:30 PM								
5:30-6 PM								

**Class times for SWIMAMERICA LEVELS FIVE THROUGH EIGHT:**

TIME OF DAY Levels 5-8	Tuesday AM	Wednesday AM	Thursday AM	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Saturday AM
9:15-10 AM								
10:15-11 AM								
4:00-4:45 PM								
4:45-5:30 PM								
5:30-6:15 PM								

FOR ADMINISTRATIVE PURPOSES ONLY:  
 DATE RECEIVED: \_\_\_\_\_  
 PAID? \_\_\_\_\_ SCHEDULED? \_\_\_\_\_  
 Received by: \_\_\_\_\_

**Notes:**

Please turn over to complete the registration form.

<b>PAYMENT OPTIONS</b> Prices listed are based on one lesson per week. Please circle your choice.	<b>MEMBER CHILDREN</b> *If you cancel , or take your child off your membership, you will be charged the non-member difference for the remainder of the lessons.	<b>NON-MEMBER CHILDREN</b> *If you decide to join the club please notify the SwimAmerica Director for member pricing.
<b>(#1) The WHOLE SCHOOL YEAR</b> September 7th through May 26th Mon. (31 lessons), Tues/Wed/Thurs=33 lessons, Sat.=32 lessons.	Monday = \$411 Tues./Wed./Thurs. = \$438 Saturday = \$425	Monday = \$513.75 Tues./Wed./Thurs. = \$547.50 Saturday = \$531.25
<b>(#2) The School Year (Paid Monthly)</b> Based on an average of 32 lessons per 9 months. <b>Members:</b> House Charge Only <b>Non-Members:</b> Credit or Debit Card only	<b>\$50</b> 9 monthly payments (Total: \$450) We require a written, 30 day notice of cancellation or a \$50 cancellation fee.	<b>\$62.50</b> 9 monthly payments (Total:\$562.50) We require a written, 30 day notice of cancellation or a \$62.50 cancellation fee.
<b>(#3) Fall Session</b> Sept.7th-Dec.18th Mon(13 lessons) Tues/Wed/Thurs/Sat(14 lessons)	Monday = \$195 or Tues./Wed./Thurs./Sat. = \$210	Monday = \$243.75 or Tues./Wed./Thurs./Sat. = \$262.50
<b>(#4) One calendar month-4 lessons.</b> <b>One calendar month-5 lessons</b>	4 lessons=\$65    Month _____ 5 lessons =\$80	4 lessons=\$80    Month _____ 5 lessons =\$100
<b>(#5) A Single Lesson-"a la carte"</b>	<b>\$20</b>	<b>\$25</b>
<b>Add a 2nd lesson per week-per child:</b> Make sure to mark page 1 with both lesson times. Minimum # at this price =4 lessons.	<b>\$10</b>	<b>\$12.50</b>
<b>Lesson Time Change Request</b> (Changing the original lesson time to another day.)	<b>\$10</b>	<b>\$12.50</b>

### DO YOU NEED SWIMMING EQUIPMENT?

Required equipment for our SwimAmerica program: Team suit & goggles

- If your child's suit is lost, damaged, or out-grown, you must purchase another.
- Equipment ordered below will be distributed on the pool deck, the first day of your lessons.
- Please bring an extra suit to the first lesson in case we have sizing issues. Our suits tend to run a little small, but in general, they equal the child's clothing size.
- Bathing Caps are optional, but highly recommended. Bathing caps protect hair, keep hair out of your face, and help goggles to stay in place. Finis Lane 4 Goggles fit well.

<b>EQUIPMENT OPTIONS</b>	<b>GIRLS SUIT</b> *Required Equipment	<b>BOYS SUIT</b> *Required Equipment	<b>GOGGLES</b> (Finis Lane 4)	<b>SILICONE CAP</b> (SwimAmerica Logo)
<b>PRICE (+tax)</b>	<b>\$31.39</b>	<b>\$25.98</b>	<b>\$11.91</b>	<b>\$11.91</b>
<b>How many?</b>				

### CHECK OUT & PAYMENT INFORMATION:

Number of children in the program:	
Payment Option Price (see above):	
Add a second lesson per week (Multiply price by # of weeks)	
Equipment Total:	

#### Circle One:

- House Charge to my Lakeshore Account
- Check (attached to this registration form)
- Credit Card: Master Card    Visa    AMEX    Discover

CARD # \_\_\_\_\_

Expiration Date: \_\_\_\_\_

SIGNATURE \_\_\_\_\_

\*By signing here you are agreeing to abide by the policies of our SwimAmerica Program. Your signature is required to participate.

**TOTAL:**

**SwimAmerica Lessons are non-refundable.  
Thank you for trusting us to teach your children to swim.**



## School Year 2010-2011 SWIMAMERICA Program Information

SwimAmerica Director  
Wendy Prystupa  
wprystupa@powerwellness.com  
Direct Line: 303-729-2556

(Primary means of communication is email. Please allow  
2 business days for response to a phone call or an email.)

**WRITE DOWN YOUR LESSON TIME**  
(For Your Information Only-you keep this part of the form.)

We have registered for lessons on:

Day: \_\_\_\_\_ @ Time: \_\_\_\_\_ Our session runs from: \_\_\_\_\_ to \_\_\_\_\_

**IMPORTANT: We do not call to confirm your lesson time unless there is a conflict.**

### **RULES:**

- Coaches and teachers are hired based on registrations. Therefore, **NO REFUNDS** are possible.
- Lesson Time Change requests will result in a **\$10/12.50** administrative fee.
- You do not have to be present during the lesson, but you must be on time to pick-up your child.
- For the safety of the swimmers in the water, direct all conversation, comments and concerns to the Site Supervisor on deck.
- **Do not address or distract 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.
- Participants in the program line-up behind the appropriate station sign, and wait for their teacher to invite them in to the pool. (About 3 minutes before the lesson begins and no more.)
- **The SwimAmerica bathing suit and a pair of goggles are required equipment.**
- If the suit is lost or damaged, another must be purchased. No exceptions.
- Bathing caps are optional, but are strongly suggested for those with longer hair. Braiding or binding the hair is not nearly as effective an option. Learning to swim and breath correctly are more difficult with hair “swimming” around the child’s face. **Caps keep goggles in place.**

#### **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.

### **CHECKING IN AT THE FRONT DESK FOR SWIM LESSONS**

**Members:** Have your membership card swiped at the front desk, as usual. If your child is not listed on your membership, please follow the steps below for non-member children. You may “up-grade” your membership and add swimmers. Other member benefits apply when ‘up-grading.’

#### **Enrolling a non-member child in SwimAmerica:**

- Complete the guest registration card attached to this form.
- Please check-in at the front desk where the attendant will check your name for that day’s lesson.
- Access to the facility is limited to 15 minutes before and 15 minutes after the lesson **for the child enrolled in lessons only.** This time window is for **changing clothes** and not intended for other club usage—including open swim before and after lessons.
- Non-member parent use of the facility during lesson time requires an additional guest fee per adult.
- In order to avoid any confusion please keep the receipt for your guest pass handy & be prepared to show the receipt to the site supervisor.
- **Violation of this agreement will result in dismissal from the program without a refund.**

# SwimAmerica 2010-2011

## Mark These Dates on your Calendar!

**September 7th**-first day of lessons for the school year program.

**October 17th**-Make-up lesson #1

**November 22 through 27th**-Thanksgiving Break

**December 5th**-Make-up lesson #2

**December 18th**-Last day of lessons for the fall semester. (Did you register for the winter semester?)

**December 19th through January 2nd**-Winter Break

**January 3rd**-Back in the water! First day of lessons in 2011.

**January 30th**-Make-up lesson #3

**March 20 through April 3rd**-Spring Break (2 weeks of Spring Break)

**April 10th**-Make-up Lesson #4

**May 22nd**- Make-up lesson #5

**May 26th**-Last day of lessons for the school year!

**May 31st**-First day of summer lessons!

## MAKE-UP LESSONS

Five make-up lessons will be provided during the nine-month school year program. Participation is limited and you must make a reservation to attend. Because space is limited, if you make a reservation and then do not attend, **you will be charged \$25 for the missed lesson.**

- There are three, 30-minute time slots for Levels 1-4 (4:30-5:00, 5:00-5:30 & 5:30-6:00).
- There are two, 45-minute time slots for Levels 5-8 (4:30-5:15 or 5:15-6:00 PM).
- Head's Up-4:30 is the most popular time and tends to be crowded.
- You must make a reservation to receive a make-up lesson.
- You may only schedule one make-up lesson per day, per child and please only schedule one month's make-up lesson at a time.
- For Make-Up Lesson reservations please call Coach Wendy @ 303-729-2556, ask to see the master schedule on deck, or email [wprystupa@powerwellness.com](mailto:wprystupa@powerwellness.com).
- **When leaving a message, please include:**
  - Swimmer's name
  - SwimAmerica Level of the swimmer
  - Date and time for the lesson
- Reservations will be closed the Friday prior to the make-up lesson date.
- Cancellation of the lesson must be received 24 hours in advance not to be charged. Please call 303-729-2556 to cancel the lesson.
- We do not make confirmation phone calls. Unless you are notified, report to class at the time you have reserved.

### Dates for Make-up Lessons:

- #1. October 17th
- #2. December 5th
- #3. January 30th
- #4. April 10th
- #5. May 22nd

## SWIMAMERICA AT LAKESHORE ATHLETIC CLUB

Dear Parents,

Welcome to our SwimAmerica program! We think you will find that SwimAmerica is truly a state-of-the-art learn-to-swim teaching program. It has been developed by a committee of the American Swimming Coaches Association to provide the finest learn-to-Swim progression in the world.

Our Program Director and coaching staff have been professionally prepared to offer your child the very latest in teaching and learning. We think of the program as being represented well by two phrases: "goal-driven" and "technique-oriented." The program is operated in the station teaching method. In the station teaching method, children are taught in small groups and move to higher skill groups as they achieve the advancement goals of their present group.

Goal-driven means that we have well-defined skills that represent "graduation points" to the next station in the system. By having eight stations, we are able to reward the efforts of the child at every phase of the learn-to-swim progression and help build their personal confidence in their ability to learn. Techniques-oriented means that we are very concerned with teaching proper stroke mechanics from the very beginning. Correcting errors is a much more difficult process later in the developmental progression. Our coaches emphasize correct learning from the first session.

You can follow the progression of your child by checking the back of your SwimAmerica luggage tag, which outlines the advancement skills at each station. Our Program Director and Site Supervisor can "graduate" your child at any point in the lesson and will be spot testing to determine if they are ready for the next station. Our Site Supervisor is available before and after lessons to discuss or answer any questions you may have concerning your child's progress. In the interest of effective teaching, please hold your questions until that time. During each lesson period, our Site Supervisor and coaches have very carefully defined functions in order to maximize the effectiveness of SwimAmerica for each child.

Congratulations on bringing your child to SwimAmerica. You are part of the world's finest learn-to-swim program. We appreciate your involvement in our program.

Sincerely Yours,

Wendy Prystupa  
Director of SwimAmerica at Lakeshore  
303-729-2556

We Teach America to Swim for Health, Safety, Fun, and Fitness.

# Swim America

## The World's Best Swim Lessons Teach your child to swim first!

**Soccer, baseball, gymnastics, and martial arts lessons can't save your child's life!**

**Preschool Children** (age 3 to 4) need swim lessons to learn safety skills. The most important skill is the "roll over," a skill where your child will learn to float on his back and get air. Other skills like swimming to the wall in case he accidentally falls into the water need to be learned as well.

**School Age Children** (age 4 to 12) need swim lessons to learn to swim on top of the water. Underwater swimming cannot save their lives! Children tire quickly underwater, and trying to sustain underwater swimming may even cause drowning! Learning a good freestyle stroke with proper air exchange will help your child build confidence in the water and **may save his or her life.**

### **What type of lesson does SwimAmerica offer?**

SwimAmerica at Lakeshore Athletic Club is for children three through approximately twelve years of age. Following 12 years of age, or completion of level 8 we offer stroke school or a spot on our newly formed USA Swimming Team, the Lakeshore WhiteCaps. We teach with the most effective method known, using a progression developed by this nation's top swim coaches. Our goal is to teach your child to swim quickly. Stroke School & Swim Team are offered for children who want to learn even more about swimming.

### **Why do you have the swimmers wear SwimAmerica suits?**

SwimAmerica suits are part of the technical equipment we use to help your children learn-to-swim quickly. The suits are designed to shed water. Many "fashion suits" for girls, or "jamms" for boys, can retain up to 5 pounds of water when wet, making it hard for your child to learn-to-swim. Goggles, swim caps and/or hair ties are necessary equipment to insure a child's success.

- **SwimAmerica coaches** are gentle, caring and understand children.
- **SwimAmerica** utilizes an **8 step station to station progression** teaching method which ensures continuing improvements.
- **SwimAmerica** emphasizes excellent **swimming technique.**
- **SwimAmerica** students are directed towards **specific goals** in each station and immediately **rewarded** for successful completion of goals.

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 : \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_

Time of Lesson: \_\_\_\_\_ Today's Date: \_\_\_\_\_

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 by the terms and conditions.



GUEST SIGNATURE: \_\_\_\_\_