

# Healthcare Midwest/KVO Learn To Swim

## Saturday Morning Classes March 3, 2012 - April 14, 2012

We are currently accepting registrations for the children's Red Cross Learn-To-Swim Program. Students must be at least 6 months old to attend Baby & Me classes and at least 3 years old to attend all other classes, as long as they are independent of parents and are able to take directions.

Pre-registration is necessary. Class size is limited to assure quality instruction. Please fill out the registration form below and return it with a payment of \$40.00 for each participant (checks payable to Healthcare Midwest). **Registration Deadline: ON or BEFORE Wednesday, February 29, 2012.** Late registrations will be accepted depending on class size, along with a late fee charge of \$5.00. Please mail or drop registration forms off at 315 Turwill Lane, Kalamazoo, MI 49006. If you have any questions, please call 343-8170.

### SWIM LESSON REGISTRATION FORM

**Student Information:**

Student's Name: \_\_\_\_\_  
 Parent's Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Child's Age: \_\_\_ Child's Birth Date: \_\_\_\_\_ Gender: \_\_\_  
 Home Phone Number: \_\_\_\_\_  
 Work Phone Number: \_\_\_\_\_  
 Cell Phone Number: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 How did you learn about our swim lessons? \_\_\_\_\_

**Please Check Class Desired:**

9:10 - 9:40	Baby & Me	<input type="checkbox"/>
9:10 - 9:40	Level 1	<input type="checkbox"/>
9:50 - 10:20	Level 1	<input type="checkbox"/>
9:50 - 10:20	Level 2	<input type="checkbox"/>
10:30 - 11:00	Level 2	<input type="checkbox"/>
10:30 - 11:00	Level 3	<input type="checkbox"/>

**Payment Method:**

Please circle one:      check      cash      credit card (circle)      MC      V      Disc      Amount Enclosed: \_\_\_\_\_  
 credit card # \_\_\_\_\_ exp. date \_\_\_\_\_  
 signature \_\_\_\_\_

I hereby consent to allow Healthcare Midwest/KVO to provide or direct whatever emergency care is necessary for my child enrolled in the Learn-to-Swim Program. I understand in the case of an emergency, the staff will attempt to contact me should an emergency arise during the swimming program.

PARENTAL SIGNATURE: \_\_\_\_\_

***Cut on line above. Check the box with your selection and keep for your records***

Healthcare Midwest/KVO  
 Saturday Morning Swim Lessons  
 March 3, 2012 - April 14, 2012

9:10 - 9:40	Baby & Me	<input type="checkbox"/>
9:10 - 9:40	Level 1	<input type="checkbox"/>
9:50 - 10:20	Level 1	<input type="checkbox"/>
9:50 - 10:20	Level 2	<input type="checkbox"/>
10:30 - 11:00	Level 2	<input type="checkbox"/>
10:30 - 11:00	Level 3	<input type="checkbox"/>

PLEASE CHOOSE A LEVEL THAT IS CLOSEST TO YOUR CHILD'S ABILITY AT PRESENT. INSTRUCTORS WILL USE DISCRETION IN MOVING THE CHILD TO ANOTHER LEVEL IF NECESSARY. PLEASE UNDERSTAND THAT IT MAY FALL AT A DIFFERENT TIME SLOT.

(Previous level passed may not apply if child has not practiced or reviewed what was learned in the past)

**BABY AND ME:**

This level is for students ranging in age from 6 months to 3 years. Older children who have not been introduced to the water will also fit into this category. With parental assistance, participants will learn safe water entry and exploration of the pool along with water songs and games.

**LEVEL 1: INTRODUCTION TO WATER SKILLS:**

Must be at least 3 years old, independent of parents and be able to take directions. This level helps introduce students to the water without parental assistance. Here students will build confidence, good attitudes, and safe practices around the water. By the end of this level, the students will be able to put their faces in the water for at least 3 seconds and be able to float on their front and back.

**LEVEL 1 PLUS:**

This class is reserved for students placed here under the discretion of an instructor.

**LEVEL 2: FUNDAMENTAL AQUATIC SKILLS:**

This level is the beginning of swimming without support. Success of fundamental skills and locomotion skills will be emphasized (i.e. holding breath with head submerged, kicking on front and back, and beginners stroke). By the end of this level, students will be able to fully submerge their heads, hold their breath, and start to use a combined stroke for the front and back crawl.

**LEVEL 3: STROKE DEVELOPMENT:**

Here students will learn to coordinate the front and back crawl with breathing techniques. They will also be introduced to the fundamentals of elementary backstroke and treading water.

---

\* Children participating in Baby and Me/Water Adjustment require parental participation in the water. Babies are required to have swim diapers.

\* For all swim lessons (Level 1, Level II, and Level III), parents/guardians are permitted to observe their child's lesson in the pool area only during the first and last class of the session. In order to provide an optimal learning environment without distraction, we ask parents/guardians to wait outside the pool area until their child's lesson is finished. Parents/guardians are encouraged to discuss their child's progress with the swim instructors after their lesson.

