

# **SWIM AMERICA SWIM SCHOOL**

## **POOL LOCATION:**

Honey Bee Golf Club Pool  
5016 S. Independence Blvd.  
Virginia Beach, VA

## **REGISTRATION INFO:**

Visit our On-Site Registration at Honey Bee Golf Course

May 23, 2009	10:00 a.m. to Noon	June 6, 2009	10:00 a.m. to Noon
May 24, 2009	Noon to 2:00 p.m.	June 7, 2009	Noon to 2:00 p.m.

Or complete the attached registration and mail to:  
Swim America Swim School  
5165 Stratford Chase Drive  
Virginia Beach, VA 23464

## **SESSION DATES/TIMES**

Week 1	June 22nd thru June 25th	Week 5	July 20th thru July 23rd
Week 2	June 29th thru July 2nd	Week 6	July 27th thru July 30th
Week 3	July 6th thru July 9th	Week 7	Aug 3rd thru Aug 8th
Week 4	July 13th thru July 16th	Week 8	Aug 10th thru Aug 13th

(Each class week meets on Monday through Thursday)

## **OTHER DETAILS**

If you require any additional information or are interested in private lessons, please contact Miss Cheri at 474-1015 or via e-mail at [143trees@cox.net](mailto:143trees@cox.net)

## **SWIM AMERICA SWIM LESSON CHILDREN/ADULT PROGRAM**

Is a station-by-station (10 stations) lesson program where the participant proceed through each station at their own rate in a goal-driven and technique-oriented structure with immediate rewards for successful completion of set goals. School Age children need the swim school to learn to swim on top of the water. Underwater swimming will not save your life!! Learning a good freestyle stroke with proper air exchange will help the participant build confidence in the water and may even save their life. This skill along with the proper development of all four competitive strokes are the mainstay of the Swim America Swim School. The coach to swimmer ratio is no more than 1:6.

## **SWIM AMERICA SWIM LESSON PRESCHOOL PROGRAM**

Is a 10-station lesson program designed for the specific needs of our younger "swimmers". Pre-school children need the swim school to learn safety skills. The most important skill that your child will learn is to float on his/her back and get air. Other skills, such as swimming to the wall in case they accidentally fall into the water, need to be learned as well. Instructors, and not the parents are in the water with the students at all times and class size is no more than four children per instructor.

# SWIM AMERICA SWIM SCHOOL

## 2009 SUMMER SESSION REGISTRATION FORM

(Sponsored by the Old Dominion Aquatic Club)

Circle the desire class week(s)	Circle the desire class time(s)	Circle Class Type
Week 1 June 22nd thru June 25th	9:00 a.m. / 10:00 a.m. / 11:00 a.m. / 5:50 p.m. / 6:45 p.m.	Preschool / Children
Week 2 June 29th thru July 2nd	9:00 a.m. / 10:00 a.m. / 11:00 a.m. / 5:50 p.m. / 6:45 p.m.	Preschool / Children
Week 3 July 6th thru July 9th	9:00 a.m. / 10:00 a.m. / 11:00 a.m. / 5:50 p.m. / 6:45 p.m.	Preschool / Children
Week 4 July 13th thru July 16th	9:00 a.m. / 10:00 a.m. / 11:00 a.m. / 5:50 p.m. / 6:45 p.m.	Preschool / Children
Week 5 July 20th thru July 23rd	9:00 a.m. / 10:00 a.m. / 11:00 a.m. / 5:50 p.m. / 6:45 p.m.	Preschool / Children
Week 6 July 27th thru July 30th	9:00 a.m. / 10:00 a.m. / 11:00 a.m. / 5:50 p.m. / 6:45 p.m.	Preschool / Children
Week 7 August 3rd thru Aug 6th	9:00 a.m. / 10:00 a.m. / 11:00 a.m. / 5:50 p.m. / 6:45 p.m.	Preschool / Children
Week 8 August 10th thru August 13th	9:00 a.m. / 10:00 a.m. / 11:00 a.m. / 5:50 p.m. / 6:45 p.m.	Preschool / Children

### Other Information

- o Indicate your requested class week(s), class time(s) and class type  
All weeks include Monday through Thursday.
- NOTE: To ensure the maximum affect with consistency of learning and the practicing of skill development, Swim America strongly recommends that each participant sign-up for atleast two consecutive one-week classes
- o Cost for Preschool and Children sessions are \$35.00 per week, per participant
- o There is a one-time per year \$10.00 per family, registration fee. This includes an Swim America Swim School T-Shirt, program award system and plenty of goodies.
- o An optional uniform for all participants is being made available which consists of a Swim America swim suit and a Swim America swim cap. Jammers for males are available.
- o The Preschool Program is for children 2 1/2 - 5 years of age and each class lasts 30 minutes. The Children Program is for children 5 - 16 years of age and each class lasts 40 minutes.
- o This session classes will be held at Honey Bee Golf Club at 5016 S. Independence Road, Virginia Beach. Directions available upon request or via internet.
- o Checks should be made payable to "Swim America" and mailed to Swim America at 5165 Stratford Chase Drive, Virginia Beach, VA 23464
- o Any further information or questions, please call 474-1015 or e-mail at 143trees@cox.net

### Uniform Information

Will participant be ordering a uniform?

If yes, please circle sex and size. All sizes are available for male and female

Female 4-5 / 22 / 24 / 26 / 28 / 30 / 32 / 34 / 36 / 38 / 40  
 Male Brief 4-5 / 22 / 24 / 26 / 28 / 30 / 32 / 34 / 36 / 38 / 40  
 Male Jammer 4-5 / 22 / 24 / 26 / 28 / 30 / 32 / 34 / 36 / 38 / 40

### Fee Summary

Total Class Fee (\$35) x # of weeks x # of participants	\$	
Registration Fee (\$10/Family/Year)	\$	
Uniform Fee (optional)	\$	
Female - \$45    Male Brief - \$25    Male Jammer - \$35		

Total Amount Enclosed \$ \_\_\_\_\_

**SWIM AMERICA SWIM SCHOOL REGISTRATION INFORMATION**

Name of Parent/Guardian or Participant \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Address \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_ PLEASE PROVIDE-IMPORTANT COMMUNICATIONS TOOL FOR US

**STUDENT INFORMATION**

NAME-as you would like to have it appear on your child's SWIM AMERICA certificate	AGE	PRESCHOOL / CHILDREN'S PROGRAM	T-SHIRT SIZE indicate either CS, CM, CL AS, AM, AL, AXL	CONDITION/ MEDICATION ETC.

Has student ever participated in Swim America? Yes \_\_\_\_\_ No \_\_\_\_\_

If Yes -  
When \_\_\_\_\_  
Where \_\_\_\_\_

If so, to what station did you achieve (how many stickers on your certificate?) \_\_\_\_\_

How did you hear of us? Existing Swim America Family \_\_\_\_\_ Newspaper \_\_\_\_\_ Other \_\_\_\_\_  
If the referral is from an existing Swim America Family, please provide name so we may send them their \$5.00-off coupon. (Remember, if you bring a friend, you are eligible for this program also)

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_

**SWIM AMERICA RELEASE STATEMENT**

I hereby give my consent for the attached name participant to participate with the Swim America Swim School. I authorize Swim America to obtain through a physician of the local administration of Swim America program choice, any emergency care that may become reasonably necessary for the participant in the course of such activities including transportation via ambulance. I understand and agree that the Swim America Association, Honey Bee Golf Club and the Old Dominion Aquatic Club, their trustees, officers representatives, employees or contractors shall be free of any liabilities or claims for damages arising by any reason of injuries to anyone in the course of such activities. I expressly agree to waive claim as condition of being allowed to participate.

**SWIM AMERICA POLICY STATEMENT**

Due to facility limitations, I understand that there will be no rain make-up classes offered. I understand that if my child is ill during registered class days and times, I must inform the Program Director or Site Supervisor before said class. Class make-up will be allowed for illness only if a physician's note is received by the Program Director or Site Supervisor. At that time, a letter will be sent to the class participant giving credit for the allowed make-up time. No refunds will be given at any time.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_