

Spring SWIM Lesson Schedule 2009



Kid's Swimming Lessons

April 21st - May 14th
Tuesday & Thursday
5:30-6:10 p.m.

BEGINNERS

(Follows American Red Cross Level 1 & 2)

Or

INTERMEDIATE

(Follows American Red Cross Level 3 & 4)

FEE

\$53/Session HPF members

\$70/Session non-members

Private & Semi-Private also available

Private

Members:	Non-Members
\$20 for 30min.	\$30 for 30min.
\$35 for 60min.	\$45 for 60min.
\$85 for 5 x 30min.	\$125 for 5 x 30min.
\$170 for 10 x 30min.	\$225 for 10 x 30min.

Semi-Private

Members:	Non-Members:
\$230 for 10 x up to 3 part.	\$250 for 10 x up to 3 part.

End of Spring Session

Course Descriptions:

Levels 1-4 are for children age 3 and up. Entries into these classes are based on skill level not age.

Level 1

INTRODUCTION TO THE WATER

Helps students feel comfortable in water.

Level 2

FUNDAMENTAL AQUATIC SKILLS

Gives students success with fundamental skills.

Level 3

STROKE DEVELOPMENT

Builds on the skills in Level 2 through additional guided practice.

Level 4

STROKE IMPROVEMENT

Develops confidence in the skills learned and improves other aquatic skills.

*There must be at least 4 people signed up and paid for the class in order for it to be held.

*Participants may not be on the list until payment is received.

*Make-up's are not permitted, unless cancellations are due to weather.

Questions?

Contact:

Amy Schremp

573.986.4468

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HealthPoint Learn-To-Swim Program

April 21st-May14th
Tuesday & Thursday

Participant Information

Participant Name: _____ Birth Date: _____ Age: _____

Sex: _____ Telephone: _____ Mobile: _____

Street Address: _____ State: _____ Zip: _____

Emergency Information

Emergency/Parent Contact: _____ Relationship: _____

Telephone: _____ Mobile: _____

Medical Information

Does the participant have any medical condition the instructor should be aware of? (For example, diabetic or suffers from seizures.) Circle one: Yes No

If yes, please explain:

Course Sign-Up Information (Please check the course and rate that applies to you)

Kid's Swimming Lesson Beginners	5:30 PM -6:10 PM	Member	\$53.00
		Non-Member	\$70.00
Kids Swimming Lessons Intermediate	5:30 PM -6:10 PM	Member	\$53.00
		Non-Member	\$70.00

Indicate Payment Type: Credit Card Cash Check

Card type and #: _____

Paid _____

Southeast Missouri Hospital's Swimming Lesson Program is intended to help participants learn to swim, which involves a considerable amount of physical activity. I understand that during participation of swimming lessons the participant may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each activity and cannot be eliminated without destroying the unique character of the activity. These inherent risks include, but are not limited to, the dangers of serious personal injury, or death ("injuries and damages") from exposure to the hazards of the use of the facility. I know that injuries and death can occur by natural causes or activities of other persons, or the nature of the activity, either as a result of negligence or because of other reasons. I understand that risks such as injuries and deaths are involved in certain fitness activities and I appreciate that I may have to exercise extra care for my own person and/or for the person of the minor in the face of such hazards. By signing your child or yourself up for this program you are voluntarily assuming the possibility that a medical emergency might occur, and you agree to not hold Southeast Missouri Hospital liable for this kind of personal injury or illness. If our swim instructors have reason to believe that the participant is at high risk for experiencing a serious medical problem, they may suspend participation pending receipt of a physician's recommendation.

Signature: _____ Date: _____

(Parent's signature required for all participants less than 18 years of age.)