

HealthPoint Fitness: Learn-To-Swim

Winter/Spring Swim Lesson Schedule 2010



Session I

January 19 – February 11

Tue. & Thur.

Pre-School: 5:45-6:25 p.m.

Level 1-2: 6:30-7:10 p.m.

Level 3-4: 7:15-7:55 p.m.

Session II

February 23-March 18

Tue. & Thur.

Preschool: 5:45-6:25 p.m.

Level 1-2: 6:30-7:10 p.m.

Adult: 7:15-7:55 p.m.

Session III

March 30-April 22

Tue. & Thur.

Water Babies: 5:45-6:25 p.m.

Level 1-2: 6:30-7:10 p.m.

Level 3-4: 7:15-7:55 p.m.

Private Lessons:

Member:	Non-Member
\$20 for 30min.	\$30 for 30min.
\$35 for 60min.	\$45 for 60min.
\$85 for 5x30min.	\$125 for 5x30min
\$170 for 10x30min	.\$225 for 10x30min

Semi-Private

(for up to 3 children)

Member	Non-Member
\$230 for 10x30min	\$250 for 10x30min

*There must be at least 4 people signed up & paid for class to be held

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

For questions or more information:

Phone: 573.986.4468

E-mail: aschremp@sehos.org

Class Descriptions

Water Babies

Designed to introduce children ages 12 months to 3 years to the water. This program provides information and techniques to help parents orient their children to the water. *Warm Water Pool* (30min.)

Preschool Learn-to-Swim

Promotes the appropriate basic water safety and aquatic skills for preschool age children of about 3-5 years of age. *Warm Water Pool* (40min.)

Beginner Learn-to-Swim (Levels 1-2)

Participants will be evaluated and placed in the appropriate group during the first week of lessons. The suggested minimum age for beginner classes is 6 years old.

Level 1: Helps students feel comfortable in the water. Class time is spent on water adjustment, floating, kicking, arm strokes, and water safety. (40min.)

Level 2: Gives students success with fundamental skills. Students learn the progression of front and back crawl, turning over while floating, and water safety. *Warm Water Pool* (40min.)

Intermediate Learn-to-Swim (Levels 3-4)

Participants will be evaluated and placed in the appropriate group during the first week of lessons. Suggested minimum age for Intermediate classes is 7 years old.

Level 3: Builds on the skills in Level 2 through additional guided practice. This class works on the refinement of the front and back crawl and swimming endurance. It also includes the introduction to butterfly kick, front dives, treading water, and safety skills. (40min.)

Level 4- Develops confidence in the skills learned and develops skills in sidestroke, butterfly & breaststroke. Participants will also begin turning at the wall.

Warm Water Pool and/or Lap Pool. (40min.)

Adult Swim Lessons

This class is for individuals 18 years or older who are somewhat comfortable in the water, but may need guidance with the key swim strokes. Our goal is to help participants gain confidence in the water, build swimming endurance and learn proper stroke techniques. Instructors tailor swim instruction to fit each individual's need.

Warm Water Pool and/or Lap Pool. (40min.)

Private/Semi-Private Learn-to-Swim

Private/Semi-Private lessons consist of one-on-one training to improve skills in a tailored program just for you or your child.



HealthPoint Learn-To-Swim Program

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

Pre-School	Beginner (level 1&2)	Intermediate (level 3&4)	Adult Lessons
<input type="checkbox"/> Jan. 19-Feb. 11, 5:45-6:25pm	<input type="checkbox"/> Jan. 19-Feb. 11, 6:30-7:10pm	<input type="checkbox"/> Jan. 19-Feb. 11, 7:15-7:55pm	<input type="checkbox"/> Feb. 23-Mar. 18, 7:15-7:55pm
<input type="checkbox"/> Feb. 23-Mar. 18, 5:45-6:25pm	<input type="checkbox"/> Feb. 23-Mar. 18, 6:30-7:10pm	<input type="checkbox"/> Mar. 30-Apr. 22, 7:15-7:55pm	Water Babies
	<input type="checkbox"/> Mar. 30-Apr. 22, 6:30-7:10pm		<input type="checkbox"/> Feb. 23-Mar. 18, 5:45-6:25pm

(Please check the course and rate that applies to you)

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 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. By signing your child and/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.)