

SWIM LESSON IMPORTANT INFORMATION

- This summer we have added an additional 5 minutes to each lesson to free up the last Friday of each session for certification ceremony and beachside registration for upcoming sessions.
- The Winding Trails' swim program runs according to the American Red Cross standards for swim lessons. All swim instructors are certified by Red Cross.
- Winding Trails offers six comprehensive course levels that teach you, your child or other family members how to swim skillfully and safely.
- Winding Trails and the Red Cross want to see your children progress in these lessons and feel comfortable in the water while they learn valuable swim and safety skills.
- Before placing your children in lessons, take each child's ability into consideration. It is imperative that you sign your child up for the correct level at the time of sign up so that he/she is not bumped from a class.
- Swimming skills are acquired at different rates by individual children and presented differently by each instructor.
- Your child will progress at his/her own pace. Some will move quickly at first while others progress more slowly. We keep the entire learning process as much fun as possible.
- Your child's safety, health and self-esteem are important to us. Please let him/her advance at his/her own pace when it comes to water safety. Both you and your child will be happier.
- Applications must be complete, including payment, before registration can be accepted.
- **ONLY MEMBERS ARE ALLOWED TO REGISTER.**
- Classes will be cancelled if there are heavy rains or thunder storms. Please call 677-8458 if weather threatens class. (no refunds for canceled days due to weather)
- Please make note of your class and time. No confirmation will be mailed to you. You will be contacted only if your first choice is not available.
- Minimum: 3-4 per class depending on swim level. Maximum: 6-10 depending on swim level.

SWIM LEVELS

The prerequisite for each level is successful demonstration of skills from the preceding level, except for Level I, which has no prerequisite, but does have a requirement. Each level of Learn-to-Swim also includes training in basic water safety. The following is a list of skills for levels:

- Preschool Level Developed for children 3-4 years of age, builds swimming readiness by emphasizing fun in the water. *Requirement-child must stay with class and be able to follow swim instructors instructions.*
- Level 1-Introduction to Water Skills Helps students feel comfortable in the water and enjoy the water safely. *Requirement-child must stay with class and be able to follow swim instructors instructions.*
- Level 2-Fundamental Aquatic Skills Gives students success with fundamental skills.
- Level 3-Stroke Development Builds on the skills in Level 2 by providing additional guided practice.
- Level 4-Stroke Improvement Develops confidence in the strokes learned and improves other aquatic skills.
- Level 5-Stroke Refinement Provides further coordination and refinement of strokes.
- Level 6-Swimming and Skill Proficiency. Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distance.

SWIM LESSON SCHEDULE

Session 1: June 26th - July 7th (no class on July 4th) .. Fee: \$36.00

Session 3: July 24th - August 4th Fee: \$42.00

Session 2: July 10th - July 21st. Fee: \$42.00

Session 4: August 7th - August 18th Fee: \$42.00

PRESCHOOL	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVELS 6
10:25 - 11:00am	10:25 - 11:00am	10:25 - 11:00am	10:25 - 11:00am	10:25 - 11:00am	10:25 - 11:00am	
11:05 - 11:40am	11:05 - 11:40am	11:05 - 11:40am		11:05 - 11:40am		11:05 - 11:40am
11:45 - 12:20pm	11:45 - 12:20pm	11:45 - 12:20pm	11:45 - 12:20pm	11:45 - 12:20pm		
1:35 - 2:10pm		1:35 - 2:10pm	1:35 - 2:10pm	1:35 - 2:10pm	1:35 - 2:10pm	
	2:15 - 2:50pm	2:15 - 2:50pm	2:15 - 2:50pm	2:15 - 2:50pm		2:15 - 2:50pm
2:55 - 3:30pm	2:55 - 3:30pm	2:55 - 3:30pm	2:55 - 3:30pm		2:55 - 3:30pm	
	3:35 - 4:10pm	3:35 - 4:10pm	3:35 - 4:10pm	3:35 - 4:10pm	3:35 - 4:10pm	
4:15 - 4:45pm	4:15 - 4:45pm	4:15 - 4:45pm	4:15 - 4:45pm	4:15 - 4:45pm		

SWIM LESSON AGENDA:

Week One: Lessons Monday - Friday

Week Two: Lessons Monday - Thursday; which would leave Friday for passing out pass/fail cards. Children will have a small party with instructors; parents may ask questions of instructors and you will also have the opportunity to register for additional sessions of swim lessons or to make any changes necessary.

WINDING TRAILS, INC. SWIM LESSON REGISTRATION & WAIVER FORM

I recognize that there are risks of injury involved to members of my family participating in recreational activities conducted by Winding Trails. Therefore, in consideration of Winding Trails conducting recreational activities and enrolling members of my family in such activities or permitting members of my family to participate in such activities, I do hereby, on behalf of myself and all members of my immediate family, release Winding Trails and its employees and agents from all liability with respect to an injury received by me or any member of my family arising from such activities.

Parent/Guardian Name		Parent/Guardian Signature			
Address:		Town:	State:	Zip Code:	
Home Phone:	Work Phone:	Cell Phone:		Email:	
Participant Name:		Grade:	Date of Birth:		<input type="checkbox"/> Female <input type="checkbox"/> Male
1 st Choice:	Session:	Level:	Time:	Fee: \$ _____	
2 nd Choice:	Session:	Level:	Time:	Fee: \$ _____	
List any Medical Conditions and/or medication:					
Comments / Additional Information:					
Annual Fund: If you wish to donate please specify where you would like your monies to go to by checking the appropriate box.					\$ _____
<input type="checkbox"/> Special Project <input type="checkbox"/> Unrestricted <input type="checkbox"/> Scholarship Fund					
Total Due:					\$ _____
Payment Method:					
<input type="checkbox"/> Check/Money Order <input type="checkbox"/> Cash					
<input type="checkbox"/> MasterCard/Visa/Discover/Amex Minimum Charge is \$25.00					
Card #: _____ EXP Date: _____					
Name as it appears on _____					
Credit Card: _____ Signature(required): _____					
Cardholder acknowledges receipt of goods and/or services in the amount of the Total shown hereon to perform the obligations set forth in the Cardholder's agreement with the Issuer.					

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Parent/Guardian Name		Parent/Guardian Signature			
Address:		Town:	State:	Zip Code:	
Home Phone:	Work Phone:	Cell Phone:		Email:	
Participant Name:		Grade:	Date of Birth:		<input type="checkbox"/> Female <input type="checkbox"/> Male
1 st Choice:	Session:	Level:	Time:	Fee: \$ _____	
2 nd Choice:	Session:	Level:	Time:	Fee: \$ _____	
List any Medical Conditions and/or medication:					
Comments / Additional Information:					
Annual Fund: If you wish to donate please specify where you would like your monies to go to by checking the appropriate box.					\$ _____
<input type="checkbox"/> Special Project <input type="checkbox"/> Unrestricted <input type="checkbox"/> Scholarship Fund					
Total Due:					\$ _____
Payment Method:					
<input type="checkbox"/> Check/Money Order <input type="checkbox"/> Cash					
<input type="checkbox"/> MasterCard/Visa/Discover/Amex Minimum Charge is \$25.00					
Card #: _____ EXP Date: _____					
Name as it appears on _____					
Credit Card: _____ Signature(required): _____					
Cardholder acknowledges receipt of goods and/or services in the amount of the Total shown hereon to perform the obligations set forth in the Cardholder's agreement with the Issuer.					