



Fitness. Tennis. Multi-Sport. Good Times.

190 Old Sylvan Lake Road • Hopewell Jct.

Group Swim Lessons Summer 2008

Ratio is maximum 7 kids : 1 instructor!

(845) 226-8733

www.sportandwellness.net

A minimum of 3 kids is needed for a class to be conducted.

Parent & Me~ This level is opened to children ages 2-4. Parents are welcome to join their child in their first introduction to the water. Our goal is to increase the child's comfort level in the water by exposing the students to some of the most basic motions of swimming. For example: kicking, floating on their bellies and backs, and best of all... playing games!

Level 1~ This level has been designed for children between the ages of 4-5. To enter this level, children must be comfortable in the water without a parent. Children will work more with floating on their stomachs and backs as well as practice kicking. They will also start putting their face in the water.

Level 2~ For ages 5-7. At this level children are now able to float on their stomachs by themselves and fully submerge their face. By the end of the level they should be able to complete 10 yards of the crawl stroke. Additionally they will be able to float and kick on their backs independently.

Level 3~ Designed for ages 7-9. To get into this level, children should be able to successfully swim 10 yards of the crawl stroke. They should also be able to swim, float and kick on their backs independently. Throughout this level children will work on their front and back crawl. They will be introduced to rhythmic breathing and jumping into deep water. By the end of course they should be able to successfully swim 25 yards of the front crawl.

Level 4~ At this level children will continue to swim 25 yards of the front and back crawl. Children will also continue to learn the elementary back stroke, how to tread water for up to 2 minutes, and build endurance while swimming.

Session #1 Weekdays (6/23-7/2) NO CLASS 4th OF JULY

\$49 for members, \$67 for non-members

9:00am-10:00am	Mon, Wed, Fri	Level 3
10:00am-11:00am	Mon, Wed, Fri	Level 1
5:00pm-6:00pm	Mon, Wed, Fri	Level 1
6:00pm-7:00pm	Mon, Wed, Fri	Level 2

Session #2 Weekdays (7/7-7/18;)

\$54 for members, \$73 for non-members

9:00am-9:40am	Mon, Tue, Wed, Thu, Fri	Level 3
10:00am-10:40am	Mon, Tue, Wed, Thu, Fri	Level 2
10:45am-11:25am	Mon, Tue, Wed, Thu, Fri	Level 1
11:30am-12:10pm	Mon, Tue, Wed, Thu, Fri	Parent & Me
5:00pm-6:00pm	Mon, Wed, Fri	Level 1
6:00pm-7:00pm	Mon, Wed, Fri	Level 2
7:00pm-8:00pm	Mon, Wed, Fri	Level 3

Session #3 Weekdays (7/21-8/1)

\$54 for members, \$73 for non-members

9:00am-10:00am	Mon, Wed, Fri	Level 4
10:00am-10:40am	Mon, Tue, Wed, Thu, Fri	Level 3
10:45am-11:25am	Mon, Tue, Wed, Thu, Fri	Level 2
11:30am-12:10pm	Mon, Tue, Wed, Thu, Fri	Parent & Me
5:00pm-6:00pm	Mon, Wed, Fri	Level 1
6:00pm-7:00pm	Mon, Wed, Fri	Level 2
7:00pm-8:00pm	Mon, Wed, Fri	Level 3

Session #4 Weekdays (8/4-8/15)

\$54 for members, \$73 for non-members

9:00am-9:40am	Mon, Tue, Wed, Thu, Fri	Level 2
10:00am-10:40am	Mon, Tue, Wed, Thu, Fri	Level 3
10:45am-11:25am	Mon, Tue, Wed, Thu, Fri	Level 1
5:00pm-6:00pm	Mon, Wed, Fri	Level 2
6:00pm-7:00pm	Mon, Wed, Fri	Level 3
7:00pm-8:00pm	Mon, Wed, Fri	Level 4

Session #5 Once-a-Week Weekdays (6/24,7/1,7/8,7/15)

\$40 for members, \$53 for non-members

11:00am-12:00pm	Tuesday	Level 3
5:00pm-6:00pm	Tuesday	Level 1
6:00pm-7:00pm	Tuesday	Level 2

Session #6 Once-a-Week Weekdays (7/22,7/29,8/5,8/12)

\$40 for members, \$53 for non-members

11:00am-12:00am	Tuesday	Level 4
5:00pm-6:00pm	Tuesday	Level 3

\$34 for members, \$46 for non-members

6:00pm-6:40pm	Tuesday	Parent & Me
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Session #7 Once-a-Week Weekends (6/28, 7/5, 7/12,7/19)

\$40 for members, \$53 for non-members

9:00am-10:00am	Saturday	Level 3
10:00am-11:00am	Saturday	Level 1

\$34 for members, \$46 for non-members

11:00am-11:40am	Saturday	Parent & Me
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Session #8 Once-a-Week Weekends (7/26, 8/2,8/9,8/16)

\$40 for members, \$53 for non-members

9:00am-10:00am	Saturday	Level 2
11:00am-12:00pm	Saturday	Level 1

\$34 for members, \$46 for non-members

10:00am-10:40am	Saturday	Parent & Me
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This program has been designed to offer a variety of classes for ages 2+ and is taught by our experienced Water Safety Instructors!

Multi-Session Discount!

Register for 2 sessions and receive 10% off all subsequent sessions! (must apply towards same child)



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REGISTRATION FORM

Participants Name: _____

D.O.B.: _____ Age (during time of class): _____ Sex: M / F

Parents/Guardians Names: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone #: _____ Other Phone #: _____

In case of emergency, call: _____ Phone #: _____

How did you hear about this program at Sport & Wellness? _____

Are you a member of Sport & Wellness? _____

Swim Lesson Session #: 1	Days(s) of the week: _____	Level: _____	Time: _____	Cost: _____
Swim Lesson Session #: 2	Days(s) of the week: _____	Level: _____	Time: _____	Cost: _____
Swim Lesson Session #: 3	Days(s) of the week: _____	Level: _____	Time: _____	Cost: _____
Swim Lesson Session #: 4	Days(s) of the week: _____	Level: _____	Time: _____	Cost: _____
Swim Lesson Session #: 5	Days(s) of the week: _____	Level: _____	Time: _____	Cost: _____
Swim Lesson Session #: 6	Days(s) of the week: _____	Level: _____	Time: _____	Cost: _____
Swim Lesson Session #: 7	Days(s) of the week: _____	Level: _____	Time: _____	Cost: _____
Swim Lesson Session #: 8	Days(s) of the week: _____	Level: _____	Time: _____	Cost: _____

** 10% discount applies towards same child only*

TOTAL SWIM LESSON COST: _____

Waiver and Medical Release -MUST BE SIGNED UPON REGISTRATION

The above named participant has my permission to participate in Sport & Wellness programs. Sport & Wellness has my permission, in case of emergency, to give or call for medical care. I also release, on behalf of myself and my heirs, Sport & Wellness, LLC., their officers, agents, employees and those associated sponsors, harmless from all liability which may result from my use of the facilities. I also understand that the participants may be photographed during a program at Sport & Wellness and that the photo may be used for promotional materials. I also agree to abide to Sport & Wellness few policy.

I hereby give permission to the health personnel selected by the program to order x-rays, routine tests, treatments, and necessary transportation for my child or me. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected to secure and administer treatment, including hospitalization, for the person named above.

Participant's Signature-- if over 18 years of age.

Date

If participant is under 18 years of age, a legal parent or guardian must sign above.