



NOTTINGHAM FOREST SWIM CARE AQUATIC PROGRAMS

Welcome swimmers and parents to Swim Care Progressive Swim Program. This program is divided into numerous levels. The objective of this program is to let YOUR abilities determine how fast you will progress through the levels, practice and persistence are key words in any learning activity.

So let your swim lesson BEGIN!

Definitions of Swim Care Classes:

SHRIMP - For children six months to three years of age. Intended to develop comfort in and around water. Parent/Guardian accompanies child in the pool.

SEAHORSE - For children at least three years of age. Teaches buoyancy, breath control, and introduces basic water skills. (Similar to ARC Level 1)

STARFISH - Child learns unsupported floating, kicking, and beginning swimming skills. Front crawl and back crawl are introduced. (Similar to ARC Level 2)

GUPPY - Children learn elementary backstroke, kneeling dive, and continue work on front crawl and back crawl. (Similar to ARC Level 3)

FLIPPER - Child is introduced to sidestroke, deep water bobbing, breaststroke kick, and continues work on other strokes. (Similar to ARC Level 4)

SEAL - Child becomes familiar with dolphin kick, treading water, breaststroke, and continues developing previously learned strokes. (Similar to ARC Level 5)

SAILFISH - Students are introduced to the butterfly, introduces front and back crawl flip turns, and endurance is increased. (Similar to ARC Level 6)

Registration begins May 1st

Please call our office at 816-350-2628 or e-mail us at kcofficeworker@midwestpool.com

**Payment can be mailed or provided via credit card at the time of registration

**MIDWEST
POOL
MANAGEMENT**

All sessions will be two weeks in length with classes being held Monday through Thursday mornings. Friday will be reserved for rain make-up lessons. All classes are 30 minute in length.

Dates & Times Available:

Session 1 June 1st- June 11th	11:15am- 11:45am
Session 2 June 15th- June 25th	11:15am- 11:45am
Session 3 July 6th- July 16th	11:15am- 11:45am
Session 4 July 20th- July 30th	11:15am- 11:45am

⇒ **\$38** for 8 classes

⇒ Each class limited to 8 students

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**REGISTRATION FORM FOR SWIM CARE AQUATIC PROGRAMS
LONGVIEW FARMS
SUMMER 2015**



Parent/Guardian _____
 Home # _____
 Personal # _____
 Address _____

 City _____ State _____ Zip _____

Participants Name	Age	Name of Class	Session
_____	_____	_____	1 2 3 4
_____	_____	_____	1 2 3 4
_____	_____	_____	1 2 3 4
_____	_____	_____	1 2 3 4

Class Start Times

11:15

If accommodations due to special needs are needed to participate, please list:

Please Note: Swimming and diving can be a dangerous activity, your physician should be aware of you, or your child's participation; Completion of classes does NOT certify aquatic survival in all environments. I have full knowledge of such risks.

Refund Policy: Refunds will be considered on an individual basis. All refund will be pro-rated. Requests for refunds should be taken to our office (816-350-2628). All requests for refunds must be in our office within one week after lessons were scheduled to begin.

Rain Day Cancellation: When classes are cancelled by our staff due to weather, the make up day will be set up by the Swim Lesson Coordinator. No other make-up lessons will be offered. Please call the MPM office if you are unsure of the weather conditions prior to your scheduled lesson.

FOR OFFICE USE ONLY. ALL INFORMATION WILL BE CLEARED ONCE PROCESSED.

Amount Paid: _____
 CASH/CHECK (Circle one) Mastercard/Visa (circle one)
 Check # _____ Card # _____ Exp. Date _____ CSV _____ (back of card)



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