

Swim Lessons

Swim Club Management Group, Inc.

Learn-To-Swim School - 2016

Swim Club Management Group believes in providing children with a positive environment in which they can feel comfortable and learn basic water safety. We feel that through patience, encouragement, and frequent repetition of skills, your child will have a fun, safe and rewarding swimming experience.

Classes are held Monday – Thursday for 30 minutes for the four day session.

Session dates are as follows:



- **Session I:** June 6 – June 10
**Please note, most public schools do not end until June 10.*
- **Session II:** June 13 – June 17
- **Session III:** June 20 – June 24
- **Session IV:** June 27 – July 1
- **Session V:** July 11 – July 15
- **Session VI:** July 18 – July 22
- **Session VII:** July 25 – July 29

Class Description:

Tadpole I and II (Ages 3-6)*:

Tadpole I class is for a child who may be apprehensive in the water or who has never had swim lessons. Participants may not be comfortable with their face getting wet. This class introduces new little swimmers to the pool and helps them become acquainted with the pool and the use of flotation devices. Little swimmers will develop safe water habits in a fun and encouraging environment.

Tadpole II class is for the beginner swimmer who is comfortable in the water but has not yet mastered certain skills. Participants should be comfortable well-adjusted to the water (don't mind getting their face wet) and eager to learn kicking and progressive paddle-stroke. Additionally they learn more about pool safety and developing independent floating skills.

Minnows I and II (Ages 6-9)*:

Minnow I swimmers learn front and back floating skills, the paddle-stroke, flutter kick, elementary backstroke, personal safety and the use of flotation devices. This class is for the school-age swimmer who has never had swim lessons.

Minnows II swimmers continue to build confidence in their abilities by practicing paddle-stroke skills, floating, and rotary breathing without the aid of flotation devices. Children learn new skills such as treading water and survival floating. Lead-up strokes to the front crawl, back-stroke, sidestroke, breaststroke and elementary backstroke are also introduced at this level. Students must be comfortable in the deep end and be able to swim 25 yards without a flotation device.

Dolphin (Ages 7 and up)*: In the **Dolphin** level, children refine the front crawl, backstroke, elementary backstroke, sidestroke and breaststroke. The butterfly is also introduced at this level. Dolphin swimmers continue to build endurance by swimming up to 200 yards. Stroke technique and endurance are emphasized.

Stroke Clinic (Ages 8 and up): is advanced levels where students focus on stroke enhancements and more endurance. Open turns and treading water with rotary kick are introduced to students at this level.

**Please note, classes and levels may be combined.*

Costs:

Semi-Private (2 students):	\$ 25 per (1) 30 minute lesson (per student) \$ 60 per session- (4) 30 minute lessons (per student)
Private:	\$ 35 per lesson (1) 30 minute lesson \$ 100 per session (4) 30 minute lessons

For Enrollment prior to May 28th, please send Enrollment Form via email to raleighoffice@swimclubmanagement.com, by mail to 4441-106 Six Forks Rd., Suite 114, Raleigh, NC 27609.
After May 28th, please submit to the lifeguard staff during pool hours.

SCMG Learn-To-Swim School Policies and Waiver/Release of Liability 2016

**PLEASE READ CAREFULLY BEFORE SIGNING.
THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.**

WEATHER POLICY

Swim Club Management Group will follow the inclement weather policy set in place by the National Lightning Safety Institute. This policy will be to clear the class participants from the swimming pool for 30 minutes following the last sound of thunder or flash of lightning.

Initial _____

MAKE-UP POLICY

If classes are held and you are not in attendance you are not entitled to a refund or make-up. This includes and is not limited to you or your child's illness or vacation. Lessons must be cancelled at least 72 hours in advance to be considered for rescheduling. If lessons are canceled due to inclement weather or other pool closure, we will reschedule the lesson on Fridays. If the lesson cannot be rescheduled we will issue a refund. If 15 minutes or more of a class period is complete before weather related or other pool closure occurs, the class will not be rescheduled.

Initial _____

CANCELLATION POLICY

If a request for withdrawal is made 72 hours or more prior to the start date of a class, a refund will be issued. Requests for withdrawals that are made within 72 hours of the start date of a class will not receive a refund. If SCMG cancels a class due to insufficient enrollment, we will try to place you in another class (please note, classes and levels may be combined). If another class is not available, then a full refund will be given.

Initial _____

WAIVER/RELEASE OF LIABILITY

I, _____, the enrolled participant, and/or the parent/guardian of the participant agree and understand that swimming is a hazardous activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death.

The participant hereby agrees to participate in SCMG Swim/School and hereby agrees to indemnify and hold harmless SCMG Swim/School, SCMG, coaches, officers, directors, agents, and employees against any liability resulting from any injury that may occur to the participant while participating in the lessons. The participant also agrees to indemnify SCMG for any damages incurred or arising from any claims, demands, actions, or causes of action by the participant.

The participant authorizes any representative of the Swim/School staff to have the participant treated in any medical emergency during his/her participation in the lessons. Further, the participant and/or parent/guardian agree to pay all costs associated with medical care and transport for the participant.

I HAVE READ CAREFULLY THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed: _____
(Participant or Parent/Guardian)

Date: _____

Phone: _____

Emergency Contact: _____ Phone: _____

Medical or Health Conditions that Swim Staff Should Know About: _____

SCMG SWIM LESSON ENROLLMENT FORM

*Please detach and give this form to the lifeguards.
This form will be used to schedule your swim lesson class.*

Please complete one form for each child enrolled in Swim School, and for each session enrolled.

Please print:

Child's Name (First and Last) _____

Age _____ Level _____ Session _____

Swim Club Location _____ Circle One: Semi-Private Private

1st Preferred Class Time _____ 2nd Preferred Class Time _____

**Please note, we suggest scheduling lessons in the morning before the pool opens for the day to ensure availability of instructors and to try and avoid any weather restrictions/delays.*

Parent's Name (First and Last) _____

Address _____ Email _____

City _____ Zip Code _____

Day Phone _____ Evening Phone _____ Member # _____

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Confirmation of class registrations will be communicated by the Thursday before the start of each session. Refunds are ONLY issued if the session is cancelled 72 hours before the beginning of class.

Costs:

Semi-Private (2 students): \$ 25 per (1) 30 minute lesson (per student)
\$ 60 per session- (4) 30 minute lessons (per student)

Private: \$ 35 per lesson (1) 30 minute lesson
\$ 100 per session (4) 30 minute lessons

For Swim School Staff Only:

Session (s) _____

Instructor _____

Member Number _____

Amount Due \$ _____

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