

# SWIMMING LESSONS FOR ALMOST EVERYONE AGES 3 THRU 13 YEARS\*



\*CHECK WITH COORDINATOR FOR AGE VARIATIONS AND SPECIAL NEEDS PARTICIPANTS

**NEW STUFF FOR 2019-2020** 

YOU AND YOUR CHILD CAN "MAKE A SPLASH" IN 2019-2020!

"Bundled" Registration begins August 16<sup>th</sup>.

Register for Learn-to-Swim beginning September 3<sup>rd</sup>.

## Red Cross Learn-to-Swim to be Offered Year 'Round

Warren City Schools will be offering year-round Red Cross swimming lessons beginning in September of 2019. Previously the Red Cross Learn-to-Swim was offered and will continue to be offered during spring and summer. The fall and winter classes were previously offered under the umbrella of Warren Swimming (WHAT) and will now continue under the Warren City School's "umbrella."

Other than change in "sponsorship," most things will remain the same. There will be 3 fall sessions, 2 winter sessions, 3 spring sessions and 4 or 5 summer sessions. The sessions will consist of 8 40-minute classes as in the past. The fall, winter and spring classes will be held between 5:00 pm and 6:30 pm and meet twice a week as they have in the past. The summer classes will be held between 12:00 noon – 3:00 pm and meet 4 days a week as they have in the past. There may still be a Friday morning session with classes being held between 9:00 am and 12:00 noon. Note that specific class times are dependent upon age and ability of the swimmer.

During the past several years we have been fortunate to have some grant monies available to defer the cost for registration. We hope this arrangement will continue, however an increase in the cost of registration is possible.

While some look at the spring sessions as "tune-up for the summer" classes, it is really better to swim year 'round. For that reason, we are encouraging individuals to take multi-sessions to improve and retain the skills they have previously learned. For the classes held in September thru end of May the registration fee will continue to be \$35 per session (only \$4.38 per class). This has not change for the last few years except sometimes there was an "early registration discount" available. However, to encourage multi-session registration, a "discount" has been applied to the "bundles." Please read more. We are introducing an opportunity to "bundle" sessions from September thru end of May (fall, winter & spring sessions only). Here is how the "bundle-registration" works. Six "bundles" are available for the September thru May 2019-2020 school year.

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FALL (F)				WINTER (w)					SPRING (s)					
SESSIONS	DAYS	DATES	SESSIONS	DAYS		DATES		SESSIONS		DAYS		DATES		
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FALL 1-B	TUE&THU	SEP 17 – OCT 10	WINTER 1-B	TUE&THU MON&WED		-IU JAN 7 – JAN 30			1-в	TUE&THU		MAR 3 – MAR 26		
FALL 2-A	MON&WED	ост <b>14</b> – nov 6	WINTER 2-A			VED FEB 3 – FEB 26		SPRING	2-A	MON&WED		MAR 30 – APR 29		
FALL 2-B	TUE&THU	ост <b>15</b> – Nov <b>7</b>	WINTER 2-B	TUE&	TUE&THU F		<b>1</b> — FEB <b>27</b>	SPRING	SPRING 2-B TUE		U M	AR 31 – APR 30		
FALL 3-A	MON&WED	NOV 11 - DEC 11						SPRING	PRING 3-A MO		VED N	1AY 4 – MAY 27		
FALL 3-B	тие&тни	NOV 12 - DEC 12					SPRING	3-в тие&тни		J МАУ 5 – МАУ 28				
DUMBLE	NOTE: SESSION CHOICES ARE EITHER "A" <b>OR</b> "B"			"D"	TOTAL#		TOTAL#	TOTAL	BUNDLED		You	COST PER		
BUNDLE				В	Sessions		CLASSES	VALUE	Cost		SAVE	CLASS		
1	Fall, Winter and Spring: All sessions				8		64	\$280	\$16	60	\$120	\$2.50		
2	Fall, Winter and Spring: 2 sessions in each				6		48	\$210	\$13	35	\$75	\$2.81		
3	Fall, Winter and Spring: 1 session in each				3		24	\$105	\$8	5	\$20	\$3.54		
4F & 4S	Fall or Spring: 3 sessions in either one				3		24	\$105	\$9	0	\$15	\$3.75		
5	Winter: Both sessions				2		16	\$70	\$6	0	\$10	\$3.75		

Each 8-class session is \$35 per student. Once the payment for a single session has been received, it may not be applied to a "bundle." Savings using "bundled" fees must be paid with a single payment at the time of registration for those sessions. Session choices will be made at registration. When a swimmer advances to the next level, he/she will automatically be advanced to that level. This may require a change in day and/or time. Registration may be only for Mondays & Wednesdays or Tuesdays & Thursdays (2 days a week) in any given session. We are most willing to work with anyone who is having schedule conflicts due to other activities.

**Private lessons** are also available at \$20 per half hour. For questions or for more information about the program, fees and private lessons contact Jay. (1-234-855-8027 or 330-392-2551 or email @ jay.rosenthal@redcross.org)

# Determining the correct class and level for an individual

CLASS	INDIVIDUAL (UNLESS GIVEN PERMISSION) MUST
Individual is 5 years old or less,	enroll in a Preschool Aquatics class
Individual has not completed	enroll in a Preschool Aquatics class
Kindergarten,	·
Individual is 6 years old,	enroll in a Preschool Aquatics OR a Learn-to-Swim class
Individual is 6 – 13 years old,	enroll in a Learn-to-Swim Aquatic class
Individual is a teen (13 or older) or an	enroll in the Teen & Adult Aquatic class (when one is offered)
adult AND a beginner,	·

LEVEL	SWIMMING PREREQUISITES
	Note that in addition to the time/distance prerequisites are skill standards which must be met.
LTS LEVEL 1	No prerequisites
LTS LEVEL 2	5 bobs, hold breath underwater 5 sec, back float 5 sec, swim 2 body lengths on front (face in water), swim 2 body lengths on back, turn over front to back and back to front
LTS LEVEL 3	10 bobs, hold breath underwater 10 sec, back float 15 sec, swim 5 body lengths on front (face in water and rhythmically breathing), swim 5 body lengths on back, turn over front to back and back to front, change direction swimming on back and front, tread water 15 sec, jump into chest-deep water
LTS LEVEL 4	Rotary breathing 15 times, front survival float 30 sec, back float 1 min, tread water 1 min, front crawl 15 yards, elementary backstroke 15 yards, breaststroke kick 15 yards, scissors kick 15 yards, dolphin kick on front 5 body lengths, sitting and kneeling dives
LTS LEVEL 5	Underwater swim 5 body lengths, survival swimming 1 minute, feet-first surface dive, front and back crawl open turns, tread water 2 minutes, front crawl and elementary backstroke 25 yards, breaststroke, butterfly, sidestroke and back crawl 15 yards each, compact and stride position dives
LTS LEVEL 6	Tuck and pike surface dives, front and backstroke flip turns, tread water 5 minutes, tread water 2 minutes legs only, front crawl and elementary backstroke 50 yards, breaststroke, butterfly, backcrawl and side stroke 25 yards each, standard back scull 30 sec, shallow angle dive
PRESCHOOL AQ 1	No prerequisites
PRESCHOOL AQ 2	Blow bubbles 3 sec, hold breath underwater 3 sec, back float 3 sec, swim 2 body lengths on front (face in water), swim 2 body lengths on back
PRESCHOOL AQ 3	5 bobs, back float 15 sec, roll from back to front and front to back, tread water 15 sec, jump into chest-deep water, swim 3 body lengths on front and back
ADULT-TEEN Beginner	No prerequisites

## Parent & Child Aquatics - Preschool Aquatics - Learn to Swim - Adult Swim Programs

The 4 programs listed above represent the most current programs offered by the Red Cross to teach people water safety and swimming.

American Red Cross **Parent and Child Aquatics** (2 levels) is designed for children between the ages of 6 months and approximately 3 years, and their parents. The purpose of the course is to familiarize children with the water and teach swimming readiness skills. In addition, Red Cross Parent and Child Aquatics provides safety information for parents and teaches parents techniques they can use to help orient their children to the water.

American Red Cross **Preschool Aquatics** (3 levels) is designed for children approximately 4 and 5 years of age. The purpose of the course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills

The objectives of the American Red Cross **Learn-to-Swim courses** (6 levels) are to teach children to be safe in, on and around the water and to swim well. Aquatic and personal water safety skills are taught in a logical progression through six levels. Participants in Level 1 are oriented to the aquatic environment and gain some basic skills in each category. As they progress through the levels, participants build on their basic skills to learn and refine various propulsive movements on the front, back and side. On successful completion of Level 3, participants have achieved basic water competency in a pool environment. By the end of Level 6, participants have the prerequisite skills and have developed the necessary skill and fitness levels for entrance into advanced courses, such as Water Safety Instructor and Lifeguarding, or other aquatic activities such as competitive swimming and diving

The American Red Cross Adult Swim courses (3 levels) are intended for mature teens and adults wishing to improve their knowledge of, and skill in, the water. Adult Swim offers three options to meet specific needs and interests—Learning the Basics, Improving Skills and Swimming Strokes, and Swimming for Fitness.

It is recommended that all NEW participants be screened prior to registration. Call Jay at 1-234-855-8027 or 330-392-2551 or email @ jay.rosenthal@redcross.org

## PLEASE READ ALL THE FOLLOWING IMPORTANT INFORMATION CAREFULLY.

#### **CLASS REGISTRATION:**

- REGISTRATION FOR UPCOMING CLASSES WILL BEGIN ABOUT A MONTH BEFORE THAT SCHEDULED SESSION IS TO BEGIN. SOME "BUNDLED" SESSION REGISTRATION MAY INCLUDE OTHER QUARTERS. (SEE "BUNDLED" REGISTRATION.)
- THE REGISTRATION FEE IS A PER PARTICIPANT FEE FOR EACH SESSION TO BE PAID AT THE TIME OF REGISTRATION. REFUNDS, IF REQUIRED DUE TO CANCELLATION BY WARREN CITY SCHOOLS, WILL BE ISSUED AS A CREDIT. NO INDIVIDUAL MAKEUPS WILL BE SCHEDULED. REGISTRATION FEES CANNOT BE "PRORATED" TO ACCOMMODATE MISSED CLASSES DUE TO ILLNESS, VACATIONS, ETC. PARTICIPANTS REGISTERED FOR AN INCORRECT LEVEL WHO CANNOT BE ACCOMMODATED WILL RECEIVE A CREDIT. MAKEUPS MAY NOT BE SCHEDULED FOR ANY CLASSES CANCELED DUE TO THE SCHOOL CLOSING OR POOL UNAVAILABILITY.
- OTHER THAN "BUNDLED" REGISTRATIONS, PARTICIPANTS MAY ONLY BE REGISTERED FOR MULTIPLE SESSIONS WITHIN THE CURRENT QUARTER (FALL OR WINTER OR SPRING) DURING A SINGLE REGISTRATION. OPEN REGISTRATION FOR SESSIONS IN THE NEXT QUARTER WILL NOT OCCUR UNTIL THE BEGINNING OF THE LAST SESSION OF THE PREVIOUS QUARTER.
- ONLY CASH OR MONEY ORDER WILL BE ACCEPTED AS PAYMENT. YOU MAY REGISTER IN PERSON AT WARREN G. HARDING HIGH SCHOOL MAIN OFFICE, 860 ELM RD. NE, WARREN OH 44483 FROM 9:00 AM TO 11:00 AM AND FROM 1:00 PM TO 2:30 PM MONDAY THRU FRIDAY. IT IS RECOMMENDED TO CALL (330-841-2316) PRIOR TO GOING TO REGISTER TO CONFIRM THE BOOKKEEPER WILL BE THERE.
- PRESCHOOL (PA) LESSONS ARE FOR CHILDREN 3 6 YEARS OF AGE. A CAREGIVER IN THE WATER WITH EACH CHILD IS OPTIONAL. INSTRUCTORS WILL MAKE RECOMMENDATIONS. LTS LEVELS 1-6 REQUIRE THE PARTICIPANT TO BE AT LEAST 6 YEARS OF AGE AND COMPLETED KINDERGARTEN. (EXCEPTIONS ONLY BY APPROVAL PRIOR TO REGISTRATION.).
- AMPLE REGISTRATION WILL BE NEEDED TO RUN ANY LEVEL. SOME LEVELS MAY BE COMBINED. REGISTERED PARTICIPANTS WILL BE NOTIFIED OF CANCELED OR RESCHEDULED CLASSES. SCHEDULE MAY BE SUBJECT TO CHANGE.
- WE REQUEST THAT PARTICIPANTS BE REGISTERED AND PAID PRIOR TO THE FIRST DAY OF EACH SESSION. SPACE IS LIMITED. BY DISCRETION OF THE PROGRAM COORDINATOR, LATE APPLICANTS MAY BE ACCEPTED ONLY IF ROOM IS AVAILABLE. THE PROGRAM COORDINATOR AND INSTRUCTORS RESERVE THE RIGHT TO REASSIGN ANY PARTICIPANT REGISTERED FOR AN INCORRECT LEVEL BASED UPON THE PARTICIPANT'S PERFORMANCE IN THE WATER. IF THE LEVEL IS CLOSED, THE PARTICIPANT WILL RECEIVE A CREDIT FOR A LATER SESSION. PLEASE CHECK THE PREREQUISITES TO BE SURE PARTICIPANTS ARE REGISTERED FOR THE CORRECT LEVEL. CONTACT JAY (330-392-2551) TO REQUEST A PRE-SCREENING TO VERIFY PARTICIPANT'S SWIMMING LEVEL IF IT IS UNKNOWN OR YOU ARE UNSURE. THIS IS ESPECIALLY RECOMMENDED FOR NEW PARTICIPANTS REGISTERING FOR LTS LEVELS 4-6. NOTE THAT THE PRESCHOOL (PA) AND LEARN TO SWIM (LTS) LEVELS ARE NOT EQUIVALENT. (IE PA LEVEL 1 ≠ LTS LEVEL 1, PA LEVEL 2 ≠ LTS LEVEL 3, PA LEVEL 3.)

#### "BUNDLED" REGISTRATION:

- WITH THIS NEW FEATURE YOU CAN SAVE MONEY BY REGISTERING FOR "BUNDLED" SESSIONS. (SUMMER SESSIONS ARE NOT INCLUDED AT THIS TIME.)

  PAYMENT MUST BE MADE WITH A SINGLE PAYMENT AT THE TIME OF REGISTRATION FOR THOSE SESSIONS, AND THE SESSION CHOICES MAY NOT BE CHANGED

  ONCE THE REGISTRATION PAYMENT HAS BEEN RECEIVED UNLESS THE PARTICIPANT HAS ADVANCED TO THE NEXT LEVEL. SINCE MANY PARTICIPANTS ARE NOT

  ABLE TO COMPLETE THEIR CURRENT LEVEL IN EIGHT LESSONS, THEY WILL BE ADVANCED AUTOMATICALLY TO THE NEXT LEVEL WHEN THEIR CURRENT LEVEL IS

  COMPLETED. THIS MAY REQUIRE A CHANGE IN DAY AND/OR TIME.
- 6 BUNDLED SESSION CHOICES ARE AVAILABLE: (1) ATTEND ALL 8 SESSIONS, (2) ATTEND 2 SESSIONS EACH QUARTER, (3) ATTEND 1 SESSION EACH QUARTER, (4) ATTEND ALL 3 FALL SESSIONS OR ATTEND ALL 3 SPRING SESSIONS, & (5) ATTEND BOTH WINTER SESSIONS.

## **WAITING LIST:**

WHEN IT IS NOT POSSIBLE TO REGISTER FOR A CLASS BECAUSE IT IS FILLED, PARTICIPANT'S NAME SHOULD BE PLACED ON THE WAITING LIST ALONG WITH A
COMPLETED REGISTRATION FORM TO BE ATTACHED TO THE LIST. PARTICIPANT WILL BE CONTACTED BY THE COORDINATOR.

#### **ARRIVAL:**

- ALL CLASSES WILL BE HELD AT THE WARREN G. HARDING NATATORIUM, 860 ELM ROAD NE, WARREN OH 44483. ENTER THROUGH THE POOL ENTRANCE NEXT TO THE ATHLETIC ENTRANCES. (ENTRANCE TO THE LEFT OF THE "A" ENTRANCES.)
- PLAN TO ARRIVE 10 MINUTES BEFORE THE CLASS IS SCHEDULED TO START.
- WEAR SWIMSUIT AND BRING A CHANGE OF CLOTHES AND A TOWEL.
- PREVIOUS PARTICIPANTS SHOULD BRING THEIR <u>ACHIEVEMENT BOOKLETS</u> ON THE FIRST DAY. THIS IS THEIR ONGOING PROGRESS RECORD OF WHAT THEY HAVE ACHIEVED IN SWIMMING. THIS WILL HELP THE INSTRUCTORS IN PLANNING FOR THE PARTICIPANT'S LESSONS.
- WE TRY TO BEGIN OUR CLASSES ON TIME AS SCHEDULED. MANY TIMES, THE LESSON WILL BEGIN WITH A SAFETY PRESENTATION. THESE SAFETY PRESENTATIONS ARE REQUIRED TO MEET CERTIFICATION REQUIREMENTS AT ALL LEVELS. MISSING A PRESENTATION DUE TO ABSENCE OR TARDINESS MAY RESULT IN THE PARTICIPANT NOT MEETING CERTIFICATION REQUIREMENTS TO PASS TO THE NEXT LEVEL.

#### **READY FOR LESSONS:**

- PARTICIPANTS WILL MEET IN THE METAL BLEACHERS ON THE NORTH END OF THE POOL TO BEGIN THEIR CLASSES.
- PARTICIPANTS SHOULD USE THE BATHROOM PRIOR TO THEIR CLASS TO AVOID MISSING INSTRUCTIONAL TIME DURING THEIR LESSON. INSTRUCTORS WILL
  PERMIT THEM TO LEAVE DURING CLASS IF REQUESTED.
- PARTICIPANTS SHOULD COME TO THE POOL "CLEAN." IE. WEARING "FLIP-FLOPS" AND PLAYING OUTSIDE CAN RESULT IN DIRTY FEET.
- THERE ARE LOCKER ROOMS AND SHOWERS AVAILABLE FOR YOUR USE.
- A SNUG-FITTING T-SHIRT OR RASH-GUARD SHIRT MAY BE WORN IF THE PARTICIPANT IS COLD.
- PARTICIPANTS SHOULD NOT WEAR "WATER-SHOES" DURING LESSONS AS A CORRECT KICK WILL BE MORE DIFFICULT TO ACCOMPLISH.
- GOGGLES (COVERING ONLY THE EYES) MAY BE WORN DURING LESSONS, BUT NO FACE-MASKS (COVERING NOSE AND EYES) ARE PERMITTED.

#### **DURING THE LESSONS:**

- WHILE PARENTS ARE WELCOME TO WATCH CHILDREN DURING THE LESSON, IT IS BEST IF YOUR CHILD DOES NOT WATCH YOU IN LIEU OF PAYING ATTENTION TO THE INSTRUCTOR. IF THAT BE THE CASE, CONSIDER RELOCATING TO MAKE THEIR LESSON MORE PRODUCTIVE.
- CONSIDER INSTALLING THE RED CROSS PHONE APP ON YOUR PHONE TO FOLLOW ALONG WITH THE PARTICIPANT'S LESSONS. HTTP://www.redcross.org/get-help/prepare-for-emergencies/mobile-apps
- PARENTS AND OTHERS WHO BRING THE CHILDREN SHOULD SIT IN THE STANDS ON THE WEST SIDE OF THE POOL. (ON YOUR FAR RIGHT AS YOU ENTER THE POOL) CHILDREN WHO ARE WAITING FOR THEIR LESSON OR CHILDREN WHO ARE SPECTATORS MUST SIT IN THE STANDS AND NOT BE ON THE POOL DECK DURING THE CLASSES FOR SAFETY REASONS. IT IS SUGGESTED THAT YOU BRING SOMETHING TO OCCUPY THEIR TIME WHILE THEY WAIT.

( ) Participant is New

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)LEV 6

) #1 - \$160 (8)

) #2 - \$135 (6)

) #3 - \$85 (3)

) #4 - \$90 (3) ) #5 - \$60 (2)

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# Registration Form for Warren City Schools American Red Cross Learn-To-Swim Program 2019-2020

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