

SWIMMING LESSONS FOR ALMOST EVERYONE AGES 3 THRU 13 YEARS*



CHECK WITH COORDINATOR FOR AGE VARIATIONS AND SPECIAL NEEDS PARTICIPANTS

YOUR CHILD CAN "MAKE A SPLASH" IN OUR SUMMER 2022 PROGRAM ★PRE-REGISTRATION BEGINS MAY 1ST★ ★IN-PERSON REGISTRATION BEGINS MAY 9TH★

★SUMMER SESSIONS \$35 PER CHILD PER SESSION.★

★REGISTER EARLY FOR THE "EARLY REGISTRATION SAVINGS"★

- \$5 DISCOUNT PER CHILD FOR EACH SESSION, IF WE RECEIVE YOUR REGISTRATION PAYMENT ON OR BEFORE THE DATE INDICATED "ERD." (SEE PROGRAM DATES BELOW.)
- \$10 DISCOUNT PER FAMILY REGISTERING A CHILD FOR 2 OR MORE SUMMER SESSIONS.* YOUR REGISTRATION PAYMENT MUST BE RECEIVED AT THE POOL BETWEEN DATES OF MAY 9-12 OR MAY 16-19 BETWEEN 5-6:30 PM.

★3-STEP REGISTRATION PROCESS★

SPOTS WILL FILL ON A FIRST COME FIRST FILL BASIS. YOU WILL NEED TO (1) <u>INDICATE YOUR INTEREST</u>, (2) <u>PRE-REGISTER</u> VIA EMAIL AND THEN (3) COMPLETE <u>FINAL REGISTRATION</u> AT THE POOL OR BY MAIL AS DETAILED BELOW.

- 1. Interest & Pre-registration: This is completed online via email and begins May 1st. (This is required to be able to complete final registration and will temporarily hold a place for your child.)
 - a. CREATE A NEW EMAIL AND EMAIL THE INFORMATION TO <u>JAY.ROSENTHAL@REDCROSS.ORG</u> & INCLUDE <u>ALL</u> OF THE FOLLOWING INFORMATION BELOW TO AVOID DELAYS:
 - CHILD'S NAME, AGE, & SWIM LEVEL (SEE PAGE 2 FOR DETERMINING SWIM LEVEL IF UNKNOWN.)
 - PREFERENCE FOR SESSIONS (SEE 2022 SUMMER SWIM PROGRAM SCHEDULE BELOW.)
 - CONTACT'S NAME, PHONE & EMAIL
- 2. <u>NOTIFICATION OF PRE-REGISTRATION</u>: WHEN YOU RECEIVE OUR PRE-REGISTRATION CONFIRMATION, YOU NEED TO NOTIFY US WITHIN 24 HOURS <u>ONLY IF YOU HAVE NEED TO MAKE ANY CHANGES FROM WHAT IS CONFIRMED.</u> WE EXPECT YOU TO HONOR THIS CONFIRMATION AGREEMENT FOR YOUR FINAL REGISTRATION.
 - a. FORMS AND OTHER INFORMATION FOR FINAL REGISTRATION & PAYMENT ARE ALSO ATTACHED TO THIS EMAIL OR WILL BE SENT TO YOU IF REQUESTED. YOU MUST USE THE SUMMER 2022 REGISTRATION FORM.
 - b. Questions, please phone 330-883-0821 & leave a message for call back if necessary or email.
- 3. FINAL REGISTRATION: (YOU MUST PRE-REGISTER.)
 - a. In-Person at the pool: May 9-12 & May 16-19 (Mon-Thu) Between the Hours of 5:00 6:30 PM REGISTER EARLY TO HAVE A PLACE IN THE CLASSES & SAVE SOME MONEY.
 - b. Mail-in: May 20 June 6 unless instructed otherwise. Address will be provided with your preregistration confirmation. (All registration before May 20 is at the pool.)
 - C. In-Person at the pool: June 13-July 21 (Mon-Thu) Between 12 3 PM

2022 SUMMER SWIM PROGRAM SCHEDULE

PROGRAM DATES			CLASS TIMES			ADDITIONAL INFORMATION & REMINDERS				
SESSIONS	DATES		LEARN TO SWIM			chedule is subject to change based on class				
SUMMER	ERD: May 31		12:45-1:25 LTS LEVEL 1			enrollments. Only registered participants will be				
1	JUNE 13 – JUNE 23		1:30-2:10	LTS LEVEL 2	_	notified.				
SUMMER 2	EDD. June 42		1:30-2:10	LTS LEVEL 3		All Sessions consist of 8 40-minute classes running				
	ERD: June 13		12:45-1:25	LTS LEVEL 4		or 2-weeks on Monday thru Thursday.				
	JUNE 27 – JULY 7		12:00-12:40	LTS LEVEL 5-6		here are no individual make-ups and no make-				
SUMMER	ERD: JUNE 27		PRESCHOOL			ip scheduled for the classes on July 4.				
3	JULY 11 - JULY 21					Remember payments must be made by the "ERD"				
			12:00-12:40	PA 1	date to receive an Early Registration \$5 Disco					
SUMMER	ERD: JULY 11 JULY 25 – AUG 4	=	2:15-2:55	PA 1-PA 3		Remember \$10 family discount ends May 19 as				
4			Check page 2 for prerequisites.			ndicated above.				

BECAUSE OUR CLASS SIZE IS LIMITED AND CLASSES TEND TO FILL EARLY, EARLY REGISTRATION IS ADVISED. WE REQUEST THAT IF YOU HAVE INDICATED AN INTEREST AND HAVE PRE-REGISTERED YOUR CHILD, THAT YOU HONOR THAT COMMITMENT & COMPLETE FINAL REGISTRATION BY THE DEADLINE INDICATED.

*\$10 FAMILY DISCOUNT: 1 PER FAMILY HOUSEHOLD LIMIT; CHILD'S REGISTRATION PAYMENT MUST BE MADE BY MAY 19 & FOR 2 OR MORE SESSIONS. PAYMENT MUST BE MADE AT ONE REGISTRATION TIME.

PRIVATE LESSONS ARE ALSO AVAILABLE AT \$20 PER HALF HOUR. FOR QUESTIONS OR FOR MORE INFORMATION ABOUT THE PROGRAM, REGISTRATION FEES AND/OR PRIVATE LESSONS CONTACT JAY.

(EMAIL: JAY.ROSENTHAL@REDCROSS.ORG) PLEASE DO NOT "REPLY" TO THIS EMAIL. CREATE A NEW ONE. THANK YOU.

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 adult AND a beginner,	enroll in the Teen & Adult Aquatic class (when one is offered)

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.

PLEASE READ ALL THE FOLLOWING IMPORTANT INFORMATION CAREFULLY.

CLASS REGISTRATION:

- A <u>SIGNED</u> & <u>COMPLETED</u> SUMMER 2021-2022 REGISTRATION FORM IS REQUIRED FOR EACH STUDENT TO PARTICIPATE IN THE SUMMER LEARN TO SWIM PROGRAM.
- THE REGISTRATION FEE IS A PER PARTICIPANT FEE FOR EACH SESSION TO BE PAID AT THE TIME OF 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.
- PRESCHOOL (PA) LESSONS ARE FOR CHILDREN 3 6 YEARS OF AGE. A CAREGIVER IN THE WATER WITH EACH CHILD IS STRONGLY
 RECOMMENDED. LTS LEVELS 1-6 REQUIRE THE PARTICIPANT TO BE AT LEAST 6 YEARS OF AGE. (EXCEPTIONS ONLY BY APPROVAL PRIOR
 TO REGISTRATION.) A CAREGIVER IN THE WATER FOR STUDENTS IN LEVELS 1 & 2 IS STRONGLY RECOMMENDED. INSTRUCTORS
 MAY MAKE RECOMMENDATIONS RE NEED FOR IN-WATER CAREGIVERS AFTER FIRST CLASS. (SEE CAREGIVERS IN THE WATER BELOW.)
- 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. 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 2, PA LEVEL 3 ≠ LTS LEVEL 3.)

REFUNDS, MAKEUPS & CREDITS:

- PLEASE CONSIDER POSSIBLE CONFLICTS BEFORE REGISTERING. ONCE WE HAVE CONFIRMED YOUR INTEREST REQUEST, A PREREGISTRATION CONFIRMATION IS SENT. WE REQUEST THAT YOU REPLY WITHIN 24 HOURS TO MAKE ANY CHANGES AT THAT TIME,
 INCLUDING CANCELING THE ENROLLMENT YOU HAVE REQUESTED. ONCE PAYMENT IS RECEIVED, CANCELLATION IS NOT POSSIBLE AND
 CHANGES TO ACCOMMODATE MAY ALSO NOT BE POSSIBLE.
- REFUNDS, IF REQUIRED DUE TO CANCELLATION BY WARREN CITY SCHOOLS, WILL BE ISSUED AS A CREDIT. REGISTRATION FEES CANNOT BE "PRORATED" TO ACCOMMODATE MISSED CLASSES DUE TO SHORT-TERM 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.
- ANY INDIVIDUAL MAKEUPS OR CREDITS WILL BE CONSIDERED ON A CASE-BY-CASE BASIS ONLY.

REGISTRATION PAYMENTS:

• ONLY MONEY ORDERS (PAYABLE TO WARREN CITY SCHOOLS) WILL BE ACCEPTED AS PAYMENT. YOU WILL BE ADVISED AS TO THE TIME AND LOCATION OF IN-PERSON REGISTRATION PAYMENTS.

"SPECIAL" REGISTRATION SAVINGS:

- \$5 DISCOUNT PER CHILD FOR EACH SESSION, IF WE RECEIVE YOUR REGISTRATION PAYMENT ON OR BEFORE THE DATES INDICATED "ERD" FOR THE UPCOMING SESSIONS: (SES 1- MAY 31, SES 2 JUNE 13, SES 3 JUNE 27, SES 4 JULY 11)
- \$10 FAMILY DISCOUNT: 1 PER FAMILY HOUSEHOLD LIMIT; THE CHILD'S REGISTRATION FOR 2 OR MORE SESSIONS MUST BE PAID AT ONE REGISTRATION TIME. OFFER ENDS MAY 19TH.

WAITING LIST:

• WHEN IT IS NOT POSSIBLE TO REGISTER FOR A CLASS BECAUSE IT IS FILLED, A PARTICIPANT'S NAME CAN BE PLACED ON THE WAITING LIST & THE PARTICIPANT WILL BE CONTACTED BY THE COORDINATOR SHOULD AN OPENING OCCUR.

LOCATION & ARRIVAL:

- ALL CLASSES WILL BE HELD AT THE WARREN G. HARDING NATATORIUM, 860 ELM ROAD NE, WARREN OH 44483. ENTER THROUGH THE POOL ENTRANCE, THE METAL DOOR TO THE BUILDING NEXT TO THE ATHLETIC ENTRANCES.
- PLAN TO ARRIVE NO MORE THAN 10 MINUTES BEFORE THE CLASS IS SCHEDULED TO START, BUT BE ON TIME.
- LOCKER ROOMS AND TOILETS WILL BE AVAILABLE, IF NEEDED. WEAR SWIMSUIT TO CLASS.

READY FOR LESSONS:

- PARTICIPANTS MUST REMAIN SEATED WITH THEIR FAMILY UNTIL CALLED FOR LESSONS.
- PARTICIPANTS SHOULD COME TO THE POOL "CLEAN." IE. WEARING "FLIP-FLOPS" AND PLAYING OUTSIDE CAN RESULT IN DIRTY FEET.
- 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. CAREGIVERS IN THE WATER:
- A CAREGIVER IN THE WATER NOT ONLY ADDS AN ADDITIONAL SAFETY FACTOR BUT PROVIDES THE STUDENT MORE OPPORTUNITY TO PRACTICE WHILE THE INSTRUCTOR WORKS WITH ANOTHER STUDENT.
- WITHOUT A CAREGIVER IN THE WATER WHEN THE INSTRUCTOR IS NOT WORKING DIRECTLY WITH A STUDENT, THE STUDENT WILL BE REQUIRED TO REMAIN AT POOLSIDE. THIS MIGHT BE IN THE WATER AND HOLDING THE EDGE OR SITTING AT THE EDGE ON DECK WHILE WAITING FOR A TURN.

NOTE: PARENTS ARE RESPONSIBLE TO SUPERVISE THEIR CHILDREN UNLESS THE CHILD IS WITH AN INSTRUCTOR IN CLASS. PLEASE HELP US TO PREVENT UNNECESSARY ACCIDENTS AND INJURIES.

Confirmation #
Commination #

LTS LEVEL 4

LTS LEVEL 5-6

12:45-1:25 12:00-12:40

Confirmation	on#		Registration Form for Warren City Schools SES														
		A	meric	an Red C	ro	ss Lear	S Learn-To-Swim Program Summer 2022 LEV										
PLEASE C	PLEASE COMPLETE ONE FORM FOR EACH INDIVIDUAL ENROLLED ★PLEASE PRINT ALL INFORMATION CLEARLY.★																
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Did you sign the form? Did you include your child's confirmation number (rec'd with pre-reg confirmation) in the top left corner of this form? Do level, session(s) and time(s) agree with the pre-registration confirmation? Did you purchase a money order for the amount indicated on the pre-registration confirmation? REMEMBER PAYMENT MUST BE RECEIVED BY THE DEADLINES INDICATED. SEE "SPECIAL" REGISTRATION SAVINGS on page 3.