



SWIMMING LESSONS FOR ALMOST EVERYONE

AGES 3 THRU 14 YEARS *

CHECK WITH COORDINATOR FOR AGE EXCEPTIONS AND SPECIAL NEEDS PARTICIPANTS



YOUR CHILD CAN "MAKE A SPLASH" DURING OUR FALL & WINTER 2023-24 PROGRAM

★\$30 "EARLY BIRD" REGISTRATION BEGINS NOW★
 ☆ SUBMIT REGISTRATION FORM (PAGE 4) BY AUG 18
 ☆ & PAY BY SEPTEMBER 1 ONCE CONFIRMED

★ \$35 REGISTRATION PER CHILD PER SESSION
 CONTINUES THROUGH THE END OF THE WINTER
 PROGRAM ONCE THE "EARLY BIRD" SPECIAL IS OVER★

★3-STEP REGISTRATION PROCESS★

SPOTS FILL ON A FIRST COME FIRST FILL BASIS. SOME CLASSES TEND TO FILL QUICKLY. FOLLOW THE STEPS BELOW TO REGISTER. REGISTER EARLY! DON'T BE DISAPPOINTED!

1. **PRE-REGISTRATION:**
 - a. **COMPLETE & SIGN:** A 2023 FALL-WINTER REGISTRATION FORM FOR EACH CHILD. (PAGE 4 OF THIS FLYER)
 - b. **ATTACH THE FORM TO A NEW EMAIL & SEND TO:** JAY.ROSENTHAL@REDCROSS.ORG.
 - c. **SUBJECT:** SWIM REGISTRATION
 - d. **IF YOU HAVE ANY QUESTIONS:** CALL 330-883-0821 BEFORE COMPLETING THIS STEP.

2. **CONFIRMATION OF PRE-REGISTRATION:**
 - a. **IF ALL CLASSES REQUESTED ARE AVAILABLE:** WE WILL EMAIL YOU A CONFIRMATION TO CONFIRM THAT &
 - b. WE WILL THEN NOTIFY THE BOOKKEEPER TO EXPECT YOUR CALL TO MAKE A PAYMENT. (SEE STEP 3 BELOW.)
 - c. **IF WE ARE UNABLE TO CONFIRM THE AVAILABILITY OF ALL CLASSES REQUESTED:** WE WILL EMAIL YOU OR CALL YOU OF OTHER POSSIBLE CLASS OPENINGS AND AWAIT YOUR REPLY.

3. **FINAL REGISTRATION (PAYMENT):**
PAYMENT: CONTACT THE BOOKROOM BY THE DATE INDICATED TO MAKE PAYMENT. ALL PAYMENTS WILL BE MADE OVER THE PHONE BY CREDIT CARD TO THE HIGH SCHOOL BOOKROOM (330-841-2316 x 2167). *IF THERE IS A WAITING LIST AND YOUR PAYMENT HAS NOT BEEN RECEIVED, WE CAN NO LONGER HOLD YOUR PLACE.

FALL & WINTER SESSIONS & DATES

FALL SESSIONS	MON & WED	TUE & THU	NOTES
FALL 1	SEP 18 – OCT 4	SEP 19 – OCT 5	
FALL 2	OCT 9 – OCT 25	OCT 10 – OCT 26	
FALL 3	OCT 30 – NOV 15	OCT 31 – NOV 16	NO CLASSES: TUE 10/31
FALL 4	NOV 27 – DEC 13	NOV 28 – DEC 14	NO CLASSES: TUE 11/7
WINTER SESSIONS	MON & WED	TUE & THU	NOTES
WINTER 1	JAN 2- JAN 17	JAN 3 – JAN 18	NO CLASSES: MON 1/1 & 1/15
WINTER 2	JAN 22 – FEB 7	JAN 23 – FEB 8	
WINTER 3	FEB 12 – FEB 28	FEB 13 – FEB 29	NO CLASSES: MON 2/19

CLASS DAYS & TIMES: AS INDICATED BELOW, EACH 3 WEEK SESSION WILL CONSISTS OF 6 40-MINUTE CLASSES OR "INSTRUCTIONAL BLOCKS" WHICH WILL MEET ON MONDAYS & WEDNESDAYS OR ON TUESDAYS & THURSDAYS. THE SPECIFIC CLASS LEVELS THAT WILL BE TAUGHT DURING EACH BLOCK WILL BE DETERMINED ONCE THE EARLY BIRD PRE-REGISTRATION HAS BEEN COMPLETED AND BEFORE A PAYMENT IS REQUESTED. "EARLY BIRDS" WILL NOT ONLY BE ABLE TO SAVE SOME MONEY BUT WILL BE GIVEN REGISTRATION PREFERENCE.

CLASS DAYS	INSTRUCTIONAL "BLOCKS"		CLASS LEVELS
Mondays & Wednesdays	5:00 – 5:40	5:45 – 6:25	To be determined
Tuesdays & Thursdays	5:00 – 5:40	5:45 – 6:25	To be determined
Mondays thru Thursdays	6:30 – 7:00 & 7:00 - 7:30	*ISI (Private Lessons) are Individually scheduled and may overlap sessions.	

*Individual Swim Instruction (ISI) lessons can be scheduled for individuals who might greatly benefit from one-on-one instruction. The fee for each half-hour lesson is \$20. There is a special rate of \$100 for 6 lessons. (The total payment must be made at one time.) These lessons follow the guidelines provided in GENERAL PROGRAM & REGISTRATION INFORMATION, REFUNDS, CREDITS & MAKE-UPS should the child be unable to attend or the lesson cancelled. See page 3.



All instruction is provided under the direction of certified American Red Cross Water Safety Instructors.

FOR QUESTIONS OR MORE INFORMATION ABOUT THE RED CROSS LEARN-TO-SWIM PROGRAM & OTHER RED CROSS PROGRAMS, CONTACT JAY ROSENTHAL, WARREN CITY SCHOOLS COORDINATOR FOR RED CROSS LEARN-TO-SWIM. EMAIL: JAY.ROSENTHAL@REDCROSS.ORG



LOOKING FOR COMPETITIVE TRAINING & PRACTICE?

★ **WHAT IS WHAT YOU NEED!** "WARREN HARDING AQUATICS TEAM" (WHAT) BEGINNER, INTERMEDIATE & ADVANCED LEVELS - CONTACT HEAD COACH, MICHAEL DAVIDSON, 440-915-1567 OR MIKEDAVIDSON2002@HOTMAIL.COM

Determining the correct class and level for an individual

CLASS	INDIVIDUAL (UNLESS GIVEN PERMISSION) MUST
Individual is 5 years old or younger,	enroll in a Preschool Aquatics class
Individual has not completed Kindergarten,	enroll in a Preschool Aquatics class
Individual is 6 years old,	enroll in a Preschool Aquatics OR a Learn-to-Swim class
Individual is 7 – 14 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 (if/when one is offered)

LEVEL	SWIMMING PREREQUISITES <i>Note that in addition to the time/distance prerequisites are skill standards which must be met.</i>
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.

If you are unfamiliar with the names of the strokes & skills, check on Google or YouTube. In-Water screening may also be available

PLEASE READ ALL THE FOLLOWING IMPORTANT INFORMATION CAREFULLY.

GENERAL PROGRAM & REGISTRATION INFORMATION

CLASS REGISTRATION:

- A SIGNED, AND COMPLETED FALL-WINTER REGISTRATION FORM FOR THE CURRENT SCHOOL YEAR (2023-24) IS REQUIRED FOR A STUDENT TO PARTICIPATE IN THE PROGRAM.
- THE REGISTRATION FEE IS A PER PARTICIPANT FEE FOR EACH SESSION TO BE PAID TO COMPLETE REGISTRATION. THE CHILD IS NOT ELIGIBLE TO PARTICIPATE UNTIL REGISTRATION FORM & PAYMENT HAVE BEEN RECEIVED.
- 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 RECOMMENDED. **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.) A CAREGIVER IN THE WATER WITH EACH CHILD IS RECOMMENDED FOR STUDENTS IN LEVELS 1 & 2. INSTRUCTORS MAY MAKE RECOMMENDATIONS RE IN-WATER CAREGIVERS AFTER FIRST CLASS.
- 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.)
- WHILE A REMINDER MAY BE SENT, PARENTS NEED TO BE KNOWLEDGEABLE OF THE SESSION DATES & TIMES FOR WHICH THEIR CHILD IS REGISTERED KNOWING WHEN EACH SESSION BEGINS AND ENDS.

REFUNDS, CREDITS & MAKE-UPS:

- ANY 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 FOR ANY SCHEDULED CLASSES WHICH ARE CANCELED DUE TO THE SCHOOL CLOSING OR FOR THE POOL'S UNAVAILABILITY MAY NOT BE SCHEDULED.

ARRIVAL:

- ALL CLASSES WILL BE HELD AT THE WARREN G. HARDING NATATORIUM, 860 ELM ROAD NE, WARREN OH 44483. ENTER THROUGH THE DESIGNATED DOOR & FOLLOW THE SIGNAGE TO THE POOL.
- PLAN TO ARRIVE 5-10 MINUTES BEFORE THE CLASS IS SCHEDULED TO START. NOTE: ENTERING THE BUILDING MAY NOT BE POSSIBLE IF YOU ARRIVE AFTER THE DESIGNATED TIME.
- LOCKER ROOMS WILL BE AVAILABLE FOR CHANGING AND TOILETING, IF NEEDED. IT IS RECOMMENDED TO WEAR A SWIMSUIT TO CLASS & USE THE TOILETS BEFORE CLASS.

READY FOR LESSONS:

- PARTICIPANTS MUST REMAIN WITH THEIR "FAMILY GROUP" UNTIL CALLED FOR LESSONS.
- A SNUG-FITTING T-SHIRT OR RASH-GUARD SHIRT MAY BE WORN IF THE PARTICIPANT IS COLD IN THE WATER.
- PARTICIPANTS SHOULD NOT WEAR "WATER-SHOES" DURING LESSONS AS A CORRECT KICK WILL BE DIFFICULT TO ACCOMPLISH.
- GOGGLES (COVERING ONLY THE EYES) MAY BE WORN DURING LESSONS, BUT NO FACE-MASKS (COVERING NOSE AND EYES) ARE PERMITTED.

SOME GENERAL POOL RULES FOR PARTICIPANTS & FAMILY MEMBERS:

- REMAIN AWAY FROM THE WATER (POOL) UNTIL INSTRUCTED TO ENTER.
- DO NOT RUN. DO NOT WALK OR STAND ON THE METAL BENCHES OR BLEACHERS. DO NOT PLAY ON THE HANDRAILS BY THE GLASS DOORS, IN THE STANDS OR BY THE LOCKER ROOMS. NO OBJECTS IN MOUTH SUCH AS CANDY, GUM, ETC. WHEN ENTERING THE POOL.

NOTE: PARENTS ARE RESPONSIBLE TO SUPERVISE THEIR CHILDREN UNLESS CHILD IS WITH AN INSTRUCTOR IN CLASS.

Confirmation #
F23W24-

Registration Form for Warren City Schools American Red Cross Learn-To-Swim Program **Fall & Winter 2023**

Returning	
New	

PLEASE COMPLETE ONE FORM FOR EACH INDIVIDUAL ENROLLED

★PLEASE PRINT ALL INFORMATION CLEARLY.★

STUDENT NAME			/	/			
	LAST NAME	FIRST NAME	BIRTHDATE		AGE	SEX	GRADE 23-24 SCHYR
ADDRESS							
	HOUSE NUMBER & STREET		CITY	ST	ZIP	SCHOOL NAME-FALL 2022	
PARENTS' NAMES							
	LAST NAME	FIRST NAMES	PRIMARY (CELL) PHONE		ALTERNATE PHONE		
EMAIL					EMAIL NAME (RELATION)		
EMERGENCY CONTACT							
	LAST NAME	FIRST NAME	RELATIONSHIP		PHONE		

MEDICAL & SPECIAL NEEDS INFORMATION: DO NOT LEAVE BLANK.

DOES THE PARTICIPANT HAVE ANY MEDICAL OR LEARNING CONDITIONS OF WHICH THE INSTRUCTORS SHOULD BE AWARE? (ADHD, AUTISM, ASTHMA, SEIZURES, ETC.)

CHECK ONE: NO YES. IF YES, PLEASE EXPLAIN:

PARTICIPANTS INCLUDE: CHILD ALONE CHILD WITH CAREGIVER **DO NOT LEAVE BLANK.**

A PARENT OR LEGAL GUARDIAN'S SIGNATURE IS REQUIRED FOR ALL PARTICIPANTS LESS THAN 18 YEARS OF AGE.

I CERTIFY THAT I HAVE READ ALL INFORMATION IN THIS 4 PAGE REGISTRATION DOCUMENT COMPLETELY. I CERTIFY THAT PARTICIPANT IS PHYSICALLY ABLE TO TAKE SWIMMING LESSONS AND I AGREE TO ABIDE BY THE RULES AND REGULATIONS OF THE FACILITY OF INSTRUCTION. I CERTIFY THAT PARTICIPANT FALLS WITHIN THE CORRECT AGE CATEGORY FOR THE PROGRAM IN WHICH HE/SHE IS REGISTERED. I WILL NOT HOLD THE WARREN CITY SCHOOLS, AMERICAN RED CROSS OR THE AQUATIC PERSONNEL RESPONSIBLE FOR ACCIDENTS, INJURIES OR ILLNESSES THAT MIGHT OCCUR TO ME OR MY CHILD.

SIGNATURE PARTICIPANT/ PARENT/GUARDIAN: _____

DIRECTIONS FOR COMPLETING REGISTRATION:

#1 Indicate the days of the appropriate session(s) listed below.

#2 Indicate the correct level SEE: *Determining the correct class and level for an individual. (Page 2)* Check that level below.

#3 Email the completed & signed form to jay.rosenthal@redcross.org for confirmation.

#4 Once confirmed, make payment. (See page 1 "Final Registration")

#1: SESSION REGISTRATION FALL – CHOOSE AT LEAST 1			#1: SESSION REGISTRATION WINTER – CHOOSE AT LEAST 1			#2 LEVEL REGISTRATION – CHOOSE 1 OR CHOOSE 1			
SESSION	DATES	↓	SESSION	DATES	↓		↓		↓
FALL1	SEP 18 – OCT 5	MW() TT()	WIN1	JAN 2 – JAN 18	MW() TT()	LTS LEV5	()	LTS LEV1	()
FALL2	OCT 9 – OCT 26	MW() TT()	WIN2	JAN 22 – FEB 8	MW() TT()	LTS LEV4	()	PRESCH 1-2	()
FALL3	OCT 30 – NOV 16	MW() TT()	WIN3	FEB 12 – FEB 29	MW() TT()	LTS LEV3	()	PRESCH 3*	()
FALL4	NOV 27 – DEC 14	MW() TT()				LTS LEV2	()	ISI (Private Lessons)	()

ISI REGISTRATION: INDICATE THE DATES & TIMES REQUESTED BELOW IF CHOSING ISI (PRIVATE LESSONS) LESSONS:

***PRESCH 3 – SEE LTS LEV 2 PREREQUISITES NEW? REQUEST A SCREENING TO DETERMINE LEVEL.**

Did you complete all the required information? Did you sign the form?

REMEMBER PAYMENT & FORM MUST BE RECEIVED BY THE DEADLINES INDICATED FOR DISCOUNTED FEES. SEE "EARLY BIRD" REGISTRATION SAVINGS on page 1.