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BEGINNER LEVEL SWIMMING LESSONS FOR ADULTS & TEENS
MAY 20 – JUNE 5, MONDAYS & WEDNESDAYS 6:15 – 6:55
\$35 REGISTRATION FEE PER PERSON



YOU CAN “MAKE A SPLASH” DURING OUR SPRING 2023-24 PROGRAM

The program is designed for BEGINNERS only, and the class size will be limited. Read more information below about the program.

★3-STEP REGISTRATION PROCESS★

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

1. PRE-REGISTRATION:

- a. **COMPLETE & SIGN:** A 2023 SPRING REGISTRATION FORM FOR EACH PERSON. (PAGE 3 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 THE CLASSES IS AVAILABLE:** WE WILL EMAIL YOU A CONFIRMATION INCLUDING A PAYMENT DEADLINE WHICH WILL 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 BY THE DEADLINE, WE CAN NO LONGER GUARANTEE YOUR PLACE.**

WE HAVE PREVIOUSLY RECEIVED INQUIRIES ABOUT OFFERING AN ADULT & TEEN LEARN-TO-SWIM CLASS & HAVE NOW FOUND A SPACE IN OUR SPRING PROGRAM FOR ONE. THERE WILL ONLY BE 6 TO 8 OPENINGS AVAILABLE FOR THIS PROGRAM. THE 40-MINUTE CLASSES BEGINNING MAY 20 AND CONCLUDING ON JUNE 5 (THERE WILL BE NO CLASSES ON MEMORIAL DAY.) WILL MEET AT THE HARDING POOL MONDAYS AND WEDNESDAYS FROM 6:15 UNTIL 6:55. THE INSTRUCTION WILL BE PROVIDED BY A CERTIFIED RED CROSS INSTRUCTOR.

WHAT WILL YOU LEARN IN THIS COURSE? CHECK BELOW FOR SOME OF THE SKILLS THAT WILL BE PRESENTED.

- ★ ENTERING & EXITING THE WATER
- ★ BREATH CONTROL AND SUBMERGING
 - BOBBING
 - ROTARY BREATHING
- ★ BUOYANCY ON THE FRONT
 - FRONT GLIDE
 - SURVIVAL FLOAT
- ★ BUOYANCY ON THE BACK
 - BACK FLOAT
 - BACK GLIDE
- ★ TREADING WATER
- ★ FRONT CRAWL
- ★ ELEMENTARY BACKSTROKE
- ★ CHANGE OF DIRECTION & POSITION
 - ROLL FRONT TO BACK & BACK TO FRONT
 - CHANGE FROM VERTICAL TO HORIZONTAL ON BACK & FRONT
- ★ SAFETY LESSONS
 - A SHORT SAFETY LESSON WILL BE PRESENTED PRIOR TO GETTING INTO THE WATER EACH CLASS MEETING.



American Red Cross Aquatics

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

PLEASE READ ALL THE FOLLOWING IMPORTANT INFORMATION CAREFULLY.

GENERAL PROGRAM & REGISTRATION INFORMATION

CLASS PRE-REGISTRATION & REGISTRATION:

- A SIGNED, AND COMPLETED **SPRING** 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 THE REGISTRATION. ONCE CLASS DATES & TIMES HAVE BEEN CONFIRMED, THE PLACE WILL ONLY BE HELD UNTIL THE PAYMENT DEADLINE INDICATED IN THE CONFIRMATION. 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.

Confirmation #
SP24-

**Adult-Teen Registration Form for Warren City Schools
American Red Cross Learn-To-Swim Program **SPRING 2024****

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:

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
- #4 Email the completed & signed form to jay.rosenthal@redcross.org for confirmation.
- #5 Once confirmed, make payment. (See page 1 "Final Registration")

#1: SESSION REGISTRATION SPRING CHOOSE AT LEAST 1			#2 LEVEL REGISTRATION – CHOOSE 1			CLASS DAYS	CLASS TIME		
SESSION	DATES	↓		↓					
SPR3	MAY 20 – JUNE 5	(X)	ADULT BEGINNER	()		MON & WED	6:15 – 6:55		
			TEEN BEGINNER	()					

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