

# HIGH POINT SWIM CLUB

## Polar Bear Aquatics Spring 2010 Week of April 5<sup>th</sup> to Week of May 24<sup>th</sup> ♦ 8 Week Session

High Point Swim Club (HPSC) offers a year-round PROGRAM CALLED POLAR BEAR AQUATIC starting at age 3. Polar Bear Aquatics is designed to provide basic swimming skills in order to have fun in the pool but also give you confidence should you choose to join a swim team or just want to swim for fitness. Parents, children and teachers all must be brave in facing the challenges that come with learning to swim. We treat all children with respect, realizing that all children progress at a different rate.

### To Register:

If you register in person on March 8<sup>th</sup> or 15<sup>th</sup> between 2 and 7:30pm, you will receive the 2009 rate of \$64 for 1 class for 8 week.

If you register outside these dates, the fee is \$72 for 1 class for 8 week.

US Mail-PO Box 5815, High Point, NC 27262

Phone-336.887.4772

Email-swim4hpsc@hotmail.com

Physical Address-1705 Whitehall St.

### Where does my child belong?

**Get Wet-** (must be 3 to start the session): Students work on basic skills in shallow water. Instructors will emphasize floating on their front and back, breathe control, a propulsive kick and proper body position in the water. This small class will be conducted in shallow water (2-3ft deep). 3 year olds are only allowed in the class marked *3 year olds*. *All 3 year olds must be fully potty trained to enter the pool.*

**Level I-** The focus is on the fundamentals of freestyle and backstroke. Instructors will emphasize a propulsive kick, rotary breathing and a balanced body position in the water.

**Level II-** (ages 5-10) In continuation of level I, freestyle and backstroke are still a main focus, breaststroke and butterfly are introduced.

**Level III** (ages 6-12) Swimmers have passed level II and will focus on the coordination of breaststroke, butterfly, flip turns and endurance. This is the last level before swim team.

**Level IV** Swimmers can swim 25 yards of freestyle and backstroke and have the basic knowledge of breaststroke and butterfly. Focus is on building endurance for those swimmers interested in Summer Swim Teams.

**Adult Classes** Beginner and Intermediate classes are offered throughout the spring.



Please see reverse side for class schedule, fees and registration form. If you have any questions please contact us at [swim4hpsc@hotmail.com](mailto:swim4hpsc@hotmail.com) or (336)-887-4772

[www.polarbearswim.org](http://www.polarbearswim.org)

# Spring Session '10 Polar Bear Aquatics

**CLASS/DAY(S) TIME (all classes are 30 minutes, except Level IV and Adults)**

Class rates	Get Wet-Level III 3/15 or before - \$64	Get Wet-Level III after 3/15 - \$72	Level IV & Adults 3/15 or before - \$93	Level IV & Adults after 3/15 - \$108
<b>Get Wet (must be 3 to start)</b>	<b>Level IA (3-5 yrs old)</b>	<b>Level IB (6-9 yrs old)</b>	<b>Level II</b>	<b>Level III</b>
Monday 3:00 3 yr olds 3:00 3:30 4:00 5:00 5:30 6:30	Monday 3:30 4:30 5:00 6:00 Tuesday 3:00 3:30 4:00 5:30 6:00 6:30 7:00	Monday 3:30 4:00 6:00 6:30 Tuesday 3:30 4:00 5:00 5:30 6:30 7:00 Thursday 4:00 5:00 5:30 6:30 7:00 Saturday 10:00 11:30 12:30	Monday 4:00 4:30 5:00 6:00 Tuesday 3:00 4:30 5:00 5:30 6:00 7:00 Thursday 3:00 4:30 5:00 6:30 7:00 Saturday 11:00 12:00 1:00	Monday 4:00 4:30 5:30 6:30 Tuesday 4:30 5:00 6:00 6:30 Thursday 4:30 5:00 6:00 6:30
Tuesday 3:30 4:00 3 yr olds 5:00 5:30 7:00	Tuesday 3:00 3:30 4:00 5:30 6:00 6:30 7:00	Thursday 4:00 5:00 5:30 6:30 7:00	Thursday 3:00 4:30 5:00 6:30 7:00	Thursday 4:30 5:00 6:00 6:30
Thursday 3:30 3 yr olds 3:30 4:00 5:00 5:30 7:00	Thursday 3:00 3:30 4:00 5:30 6:00 6:30 7:00	Saturday 10:00 11:30 12:30	Saturday 11:00 12:00 1:00	
Saturday 10:30 3 yr old 12:00 1:00	Saturday 10:00 11:00 12:30			

Level IV	
Monday	6:30-7:15
Tuesday	4:00-4:45
Thursday	4:00-4:45

Adult Beginner		Adult Intermediate		Masters Swimming
Monday	7:15-8:00	Monday	7:15-8:00	Call the office 336.887.4772
		Tuesday	7:30-8:15	

Please Note: All classes are 30 minutes in length, unless noted. On the last day of class, your child will receive a report card explaining the skills they have learned and those that need some more attention. Missed classes can only be made up on the week following the session—week of May 31<sup>st</sup>.

**All lessons take place at the "Igloo" • 1705 Whitehall Street • (336) 887-4772 or [www.polarbearswim.org](http://www.polarbearswim.org).** Located near the intersection of Lexington and Westchester.

Please detach and mail payment and registration to HPSC, PO Box 5815, High Point, NC 27262 or come register in person on March 8<sup>th</sup> or 15<sup>th</sup> to receive 2009 rates.

Student's Name	Age	Class	Day	Time
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
Parents Name _____	Phone _____	Email _____		
Address _____	Town _____	Zip _____		
If you took lessons with us before who was your instructor? _____				
Release Statement: USA Swimming, Inc., North Carolina Swimming, Inc., High Point Swim Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.				
Parent Signature: _____				