

HIGH POINT SWIM CLUB

Polar Bear Aquatics Summer 2010 Five (5)-One Week Sessions

High Point Swim Club (HPSC) offers a year-round PROGRAM CALLED POLAR BEAR AQUATICS starting at age 3 and fully potty-trained. Summer swim classes are offered as weekly sessions, consisting of four (4) 30 minute classes. 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:

In person Thursday 5/27/10 2:00-7:00;
Tuesday 6/1/10 2:00-7:00 @ Igloo.

Fees:

If received on one of the registration dates, fee is \$32/week.

If received outside registration dates, fee is \$40/week.

Level IV and Adults are: \$48/week if received on one of the registration dates and \$60/week if outside registration date.



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 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). **All 3 year olds must be fully potty trained to enter the pool.**

Level 1A- (ages 3-5) 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 1B- (ages 6-10) 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.

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 interested in Swim Team in the Fall.

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

www.highpointswimclub.org

Summer Session '10 Polar Bear Aquatics

Class rates	On: 5/27 or 6/1 Get Wet-Level III - \$32/week After 6/1: Get Wet-Level III - \$40/week	On: 5/27 or 6/1 Level IV & Adults - \$48 After: 6/1 Level IV & Adults - \$60
Week #1: June 14, 15, 16, 17 (Monday-Thursday)		
Get Wet, 1A, 1B, II and III classes are offered at the following times: 11:30-12:00, 12:00-12:30, 12:30-1:00, 1:00-1:30, 1:30-2:00 Level IV and Adults is offered at the following time: 1:30-2:15		
Week #2: June 21, 22, 23, 24 (Monday-Thursday)		
Get Wet, 1A, 1B, II and III classes are offered at the following times: 11:30-12:00, 12:00-12:30, 12:30-1:00, 1:00-1:30, 1:30-2:00 Level IV and Adults is offered at the following time: 1:30-2:15		
Week #3: July 12, 13, 14,15 (Monday-Thursday)		
Get Wet, 1A, 1B, II and III classes are offered at the following times: 11:30-12:00, 12:00-12:30, 12:30-1:00, 1:00-1:30, 1:30-2:00 Level IV and Adults is offered at the following time: 1:30-2:15		
Week #4: July 19, 21, 22, 23 (Monday, Wednesday, Thursday, Friday)		
Get Wet, 1A, 1B, II and III classes are offered at the following times: 11:30-12:00, 12:00-12:30, 12:30-1:00, 1:00-1:30, 1:30-2:00 Level IV and Adults is offered at the following time: 1:30-2:15		
Week #5: July 26, 27, 28, 29 (Monday-Thursday)		
Get Wet, 1A, 1B, II and III classes are offered at the following times: 11:30-12:00, 12:00-12:30, 12:30-1:00, 1:00-1:30, 1:30-2:00 Level IV and Adults is offered at the following time: 1:30-2:15		

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.

All lessons take place at the "Igloo" • 1705 Whitehall Street • (336) 887-4772 or www.highpointswimclub.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 May 27th or June 1st to receive discounted rates.

Student's Name	Age	Level	Week #	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: _____				