

HIGH POINT SWIM CLUB

Polar Bear Aquatics for Home School Lessons taught monthly on Tuesdays

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.

“The World Health Organization has estimated that 500,000 persons drown each year and in many parts of this country, drowning is one of the leading causes of accidental death among school age children. In fact, drowning causes so many deaths that it is frequently classified as a disease. But this is one disease that has an almost 100% foolproof cure—SWIM LESSONS.” –Swimming Hall of Fame

Where does my child belong?

Home School 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. Cost-\$20/month**

Home School Level 1- (ages 3-10) 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. **Cost-\$20/month**

All classes are 30 minutes in length. Classes are \$20.00 per month payable by the 20th of the prior month. **There are no discounts for this program.** Classes are taught on Tuesday’s only and are from 11:30 – 12:00.

All lessons take place at 1705 Whitehall Street • directions can be found at www.polarbearswim.org. We are located near the intersection of Lexington and Westchester. Please detach and mail payment and registration to HPSC, PO Box 5815, High Point, NC 27262.

Student’s Name	Age	Class	Day	Time
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
Parents Name: _____		Phone _____	Email _____	
Address _____		Town _____	Zip _____	

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. I understand that classes are taught monthly each Tuesday from 11:30-12:00. The cost is \$20. There are no discounts for this program. Parent Signature: _____