



SWIMMING LESSONS FOR ALMOST EVERYONE

AGES 3 YEARS THRU ADULT



NEW STUFF FOR 2018
YOU AND YOUR CHILD CAN “MAKE A SPLASH” IN 2018!
Register for Spring Learn-to-Swim beginning March 1st.

PRESCHOOL & KINDERGARTEN AQUATICS (PA)

LEVELS	AGES 3 THRU 6 YOUNGER ONLY WITH INSTRUCTOR’S PERMISSION	Preschool Aquatics is geared for the younger swimmers. Most completing PA Level 3 (if mature enough) are ready for LTS Level 2 or 3. A child may be accompanied in the water by a parent. Instructors will advise. Each level is built on skills learned in the previously level.
PA LEVEL 1	Introduction of basic aquatic skills; children start to develop positive attitudes and safe practices around the water while having fun learning. Most all skills may be performed with support.	
PA LEVEL 2	Increase children’s proficiency in performing previous skills learned as well as increasing receptions, distances, times or levels of refinement. Many skills may be performed with assist at beginning and ending.	
PA LEVEL 3	Increase children’s proficiency in performing previous skills learned as well as increasing receptions, distances, times or levels of refinement. All skills are performed independently.	

GRADE SCHOOL & MIDDLE SCHOOL AQUATICS (LTS)

LEVELS	AGES 6 THRU 13 CHILD MUST AT LEAST BE COMPLETING KINDERGARTEN THIS SPRING TO REGISTER UNLESS APPROVED BY INSTRUCTOR.	Learn to swim Levels 1 – 6 consists of beginners thru advanced swimmers. Each level is built on skills learned in the previously level. It is highly recommended for estimating ability in levels 4 thru 6 that a screening time be scheduled, especially for new participants.
LTS LEVEL 1	“Introduction to Water Skills” The objective of Learn-to-Swim Level 1 is to help students feel comfortable in the water and to enjoy the water safely. Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back. Learn-to-Swim Level 1 skills overlap Preschool Aquatics Level 1 and 2 skills.	
LTS LEVEL 2	“Fundamental Aquatic Skills” The objective of Learn-to-Swim Level 2 is to give participants success with fundamental skills. Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use	
LTS LEVEL 3	“Stroke Development” The objectives are to expand proficiency of previously learned skills by providing additional guided practice. Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. Introduce the scissors and dolphin kicks and extend the time duration for treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water from a seated position.	
LTS LEVEL 4	“Stroke Improvement” Participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, and performing a simple open turn at a wall.	
LTS LEVEL 5	“Stroke Refinement” Participants refine their performance of all six strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase the distances that they swim. participants also learn to perform flip turns on the front and back.	
LTS LEVEL 6	“Personal Water Safety” The objective of this level is to refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Level 6 offers three options to meet specific needs and interests—Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatic activities such as competitive swimming or diving. Customize this level to meet the objectives of the participants.	

TEEN & ADULT AQUATICS (AD) COMING THIS SUMMER

LEVEL	13 AND OLDER	Learning the basics for teens and adults is specifically designed to meet the needs of teens and adults who wish to learn to swim. There are 5 goals that guide the instruction.
AD Basic	Adult Swim—Learning the Basics introduces basic aquatic skills and swimming strokes, including the front crawl, breaststroke and elementary backstroke. Participants strive for stroke performance at the level indicated in the Learn-to-Swim Level 3 outline and stroke performance charts. Participants also learn skills and concepts needed to stay safe around water, in addition to those needed to help themselves or others in an aquatic emergency.	

PLEASE READ ALL THE FOLLOWING IMPORTANT INFORMATION CAREFULLY.

REGISTRATION:

- THE REGISTRATION FEE IS A PER PARTICIPANT FEE FOR EACH SESSION TO BE PAID AT THE TIME OF REGISTRATION. REFUNDS, IF REQUIRED DUE TO CANCELLATION BY WCS, WILL BE ISSUED AS A CREDIT. NO INDIVIDUAL MAKEUPS WILL BE SCHEDULED. REGISTRATION FEES CANNOT BE "PRORATED" TO ACCOMMODATE MISSED CLASSES DUE TO VACATIONS, ILLNESS, ETC. PARTICIPANTS REGISTERED FOR AN INCORRECT LEVEL WHO CANNOT BE ACCOMMODATED WILL RECEIVE A CREDIT.
- PARTICIPANTS MAY REGISTER FOR MULTIPLE SESSIONS AS DESIRED DURING A SINGLE REGISTRATION. THIS IS HIGHLY RECOMMENDED.
- ONLY CASH OR MONEY ORDER WILL BE ACCEPTED AS PAYMENT. YOU MAY REGISTER IN PERSON AT WARREN G. HARDING HIGH SCHOOL MAIN OFFICE, 860 ELM RD. NE, WARREN OH 44483 FROM 9:00 AM TO 11:30 AM AND FROM 1:00 PM TO 2:30 PM MONDAY THRU FRIDAY. IT IS RECOMMENDED TO CALL (330-841-2316) PRIOR TO GOING TO REGISTER TO CONFIRM THE BOOKKEEPER WILL BE THERE.
- **LTS** LEVELS 1-6 REQUIRE THE PARTICIPANT TO BE AT LEAST 6 YEARS OF AGE AND COMPLETING KINDERGARTEN THIS SPRING. (EXCEPTIONS ONLY BY APPROVAL PRIOR TO REGISTRATION.) PRESCHOOL AQUATICS (**PA**) LESSONS ARE FOR CHILDREN 3 - 6 YEARS OF AGE. A CAREGIVER IN THE WATER WITH EACH CHILD IS OPTIONAL. INSTRUCTORS WILL MAKE RECOMMENDATIONS.
- AMPLE REGISTRATION WILL BE NEEDED TO RUN ANY LEVEL. SOME LEVELS MAY BE COMBINED. REGISTERED PARTICIPANTS WILL BE NOTIFIED OF CANCELED OR RESCHEDULED CLASSES.
- 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. CONTACT JAY (330-392-2551) TO REQUEST A PRE-SCREENING TO VERIFY PARTICIPANT'S SWIMMING LEVEL IF IT IS UNKNOWN OR YOU ARE UNSURE. THIS IS ESPECIALLY RECOMMENDED FOR NEW PARTICIPANTS REGISTERING FOR **LTS** LEVELS 4-6 AND **PA** LEVELS 2-3.

EARLY REGISTRATION:

- REMEMBER THAT YOU ARE ABLE TO SAVE MONEY BY REGISTERING ON OR BEFORE THE EARLY REGISTRATION DEADLINE. CURRENT PARTICIPANTS SHOULD REGISTER FOR THE SAME LEVEL UNLESS INSTRUCTOR ADVISES OTHERWISE. MANY PARTICIPANTS ARE NOT ABLE TO COMPLETE THEIR CURRENT LEVEL IN EIGHT LESSONS. SINCE EACH PARTICIPANT PROGRESSES AT A DIFFERENT PACE, PLEASE BE PATIENT.
- WAITING UNTIL THE FINAL DAY OF THE CURRENT LESSON TO REGISTER MAY RESULT IN A FILLED OR CANCELED CLASS.

ARRIVAL:

- ALL CLASSES WILL BE HELD AT THE WARREN G. HARDING NATATORIUM, 860 ELM ROAD NE, WARREN OH 44483. ENTER THROUGH THE POOL ENTRANCE NEXT TO THE ATHLETIC ENTRANCES. (ENTRANCE TO THE LEFT OF THE "A" ENTRANCE.)
- PLAN TO ARRIVE 10 MINUTES BEFORE THE CLASS IS SCHEDULED TO START.
- WEAR SWIMSUIT AND BRING A CHANGE OF CLOTHES AND A TOWEL.
- PREVIOUS PARTICIPANTS SHOULD BRING THEIR ACHIEVEMENT BOOKLETS ON THE FIRST DAY.
- WE TRY TO BEGIN OUR CLASSES ON TIME AS SCHEDULED. MANY TIMES THE LESSON WILL BEGIN WITH A SAFETY PRESENTATION. THESE SAFETY PRESENTATIONS ARE REQUIRED TO MEET CERTIFICATION REQUIREMENTS AT ALL LEVELS. MISSING A PRESENTATION DUE TO ABSENCE OR TARDINESS MAY RESULT IN THE PARTICIPANT NOT MEETING CERTIFICATION REQUIREMENTS TO PASS TO THE NEXT LEVEL.

READY FOR LESSONS:

- PARTICIPANTS WILL MEET IN THE METAL BLEACHERS ON THE NORTH END OF THE POOL TO BEGIN THEIR CLASSES.
- PARTICIPANTS SHOULD USE THE BATHROOM PRIOR TO THEIR CLASS TO AVOID MISSING INSTRUCTIONAL TIME DURING THEIR LESSON.
- PARTICIPANTS SHOULD COME TO THE POOL "CLEAN." IE. WEARING "FLIP-FLOPS" AND PLAYING OUTSIDE CAN RESULT IN DIRTY FEET.
- THERE ARE LOCKER ROOMS AND SHOWERS AVAILABLE FOR YOUR USE.
- A SNUG-FITTING T-SHIRT OR RASH-GUARD SHIRT MAY BE WORN IF THE PARTICIPANT IS COLD.
- PARTICIPANTS SHOULD NOT WEAR "WATER-SHOES" DURING LESSONS AS A CORRECT KICK WILL BE MORE DIFFICULT TO ACCOMPLISH.
- GOGGLES (COVERING ONLY THE EYES) MAY BE WORN DURING LESSONS, BUT NO FACE-MASKS (COVERING NOSE AND EYES) ARE PERMITTED.

DURING THE LESSONS:

- WHILE PARENTS ARE WELCOME TO WATCH CHILDREN DURING THE LESSON, IT IS BEST IF YOUR CHILD DOES NOT WATCH YOU IN LIEU OF PAYING ATTENTION TO THE INSTRUCTOR. IF THAT BE THE CASE, CONSIDER RELOCATING TO MAKE THEIR LESSON MORE PRODUCTIVE.
- CONSIDER INSTALLING THE RED CROSS PHONE APP ON YOUR PHONE TO FOLLOW ALONG. [HTTP://WWW.REDCROSS.ORG/GET-HELP/PREPARE-FOR-EMERGENCIES/MOBILE-APPS](http://www.redcross.org/get-help/prepare-for-emergencies/mobile-apps)
- PARENTS AND OTHERS WHO BRING THE CHILDREN SHOULD SIT IN THE STANDS ON THE WEST SIDE OF THE POOL. (ON YOUR FAR RIGHT AS YOU ENTER THE POOL) CHILDREN WHO ARE WAITING FOR THEIR LESSON OR CHILDREN WHO ARE SPECTATORS MUST SIT IN THE STANDS AND NOT BE ON THE POOL DECK DURING THE CLASSES FOR SAFETY REASONS. IT IS SUGGESTED THAT YOU BRING SOMETHING TO OCCUPY THEIR TIME WHILE THEY WAIT.

Registration Form for Warren City Schools American Red Cross **Spring** Learn-To-Swim Program **2018**

REV1

PLEASE COMPLETE ONE FORM FOR EACH INDIVIDUAL ENROLLED

PLEASE PRINT ALL INFORMATION CLEARLY.

STUDENT NAME	LAST NAME	FIRST NAME	BIRTHDATE	AGE	SEX	GRADE 18-19 SY
ADDRESS	HOUSE NUMBER & STREET		CITY	ST	ZIP	SCHOOL NAME-FALL 2018
PARENT NAME	LAST NAME	FIRST NAME	PRIMARY (CELL) PHONE		ALTERNATE PHONE	
EMAIL CONTACT	EMAIL ADDRESS					
EMERGENCY CONTACT	LAST NAME	FIRST NAME	RELATIONSHIP		PHONE	

MEDICAL & SPECIAL NEEDS INFORMATION:

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:

PHOTO RELEASE PERMISSION: I GIVE MY PERMISSION I DO NOT GIVE MY PERMISSION

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 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 THAT HE/SHE IS REGISTERED. I WILL NOT HOLD THE WARREN CITY SCHOOLS, AMERICAN RED CROSS OR THE AQUATIC PERSONNEL RESPONSIBLE FOR ACCIDENTS OR INJURIES THAT MIGHT OCCUR TO ME OR MY CHILD.

SIGNATURE PARTICIPANT/ PARENT/GUARDIAN: _____

SESSION	DAYS	DATES	CHOICE(S)	EARLY REGISTRATION DEADLINE SAVE \$15 REGISTER EARLY	COMMENTS
SP1	MON & WED	MAR 26 – APR 25*	()	ON OR BEFORE MARCH 16	CLASSES MEET 2 DAYS A WEEK FOR 4 WEEKS. *NO CLASSES APRIL 2 ND -5 TH – SPRING BREAK
SP2	TUE & THU	MAR 27 – APR 26*	()	ON OR BEFORE MARCH 16	
SP3	MON & WED	APR 30 – MAY 23	()	ON OR BEFORE APRIL 20	
SP4	TUE & THU	MAY 1 – MAY 24	()	ON OR BEFORE APRIL 20	

LEVELS	SESSION 1	CHOICE	SESSION 2	CHOICE	LEVELS	SESSION 3	CHOICE	SESSION 4	CHOICE
LTS LEVEL 1	5:00-5:45	()			LTS LEVEL 1			5:00-5:45	()
LTS LEVEL 2	5:45-6:30	()	5:00-5:45	()	LTS LEVEL 2	5:00-5:45	()	5:45-6:30	()
LTS LEVEL 3			5:00-5:45	()	LTS LEVEL 3			5:00-5:45	()
LTS LEVEL 4, 5 & 6	5:00-5:45	()			LTS LEVEL 4, 5 & 6	5:00-5:45	()		
PA LEVEL 1 ONLY	5:45-6:30	()			PA LEVEL 1 ONLY			5:45-6:30	()
PA LEVELS 1 - 3			5:45-6:30	()	PA LEVELS 1 - 3	5:45-6:30	()		

OFFICE USE ONLY	() EARLY REGISTRATION CREDIT
AMOUNT PAID: \$ _____	DATE: _____ RECEIPT # _____

Please refer to the information on page 1 when determining the level at which to register.
CONTACT JAY (330-392-2551) TO REQUEST A PRE-SCREENING TO VERIFY PARTICIPANT'S SWIMMING LEVEL IF IT IS UNKNOWN OR YOU ARE UNSURE.

While the current schedule may be acceptable for some, we understand that schedule conflicts can occur due to other participant activities and we will attempt to accommodate each participant as needed.

DID YOU REMEMBER TO sign the form? Include an email address and phone number? Indicate age & birthdate?