



Swimming August - December, 2017

1217-19 NORTH MONROE, PAILLION, NE 68046

TEL: 402.339.4009

www.kidsbodyshop.com

THE MAIN OBJECTIVE of KiDS' aquatic program is to make each student "water-safe". Students will develop a respect for the water and learn to enjoy it to its fullest. Our pool is 18 x 36 ft. and 16 in. to 4 ft. deep with an average water temperature of 92°. It is not designed for diving or advanced stroking skills. We have dressing rooms, restrooms and showers. Parents view classes from the comfort of our air-conditioned lobby.

EACH COLUMN = ONE SESSION (8 CLASSES EACH)

"-----" Indicates Class is Full

TINY TOOTS (Ages 3-36 months - Parent Participation)

\$72/Session

M	7:00 - 7:30 p.m.	Sept 8 - Oct 23	-----
T	10:00 - 10:30 a.m.	-----	Oct 24 - Dec 12 *
T	7:00 - 7:30 p.m.	Aug 29 - Oct 17	Oct 24 - Dec 12 *
W	9:30 - 10:00 a.m.	Aug 30 - Oct 18	Oct 25 - Dec 13
Th	5:30 - 6:00 p.m.	Aug 31 - Oct 19	Oct 26 - Dec 21 (no class 11/23)

* No class Tues., 10/31. Class will meet Fri., 11/03, same time.

SUBMARINES & MOTOR BOATS (3 Yrs. & potty trained, thru Levels I & II)

\$78/Session

M	4:45 - 5:25 p.m.	Sept 8 - Oct 23	Oct 30 - Dec 18
M	5:30 - 6:10 p.m.	Sept 8 - Oct 23	Oct 30 - Dec 18
M	6:15 - 6:55 p.m.	Sept 8 - Oct 23	Oct 30 - Dec 18
T	9:15 - 9:55 a.m.	Aug 29 - Oct 17	Oct 24 - Dec 12 *
T	5:30 - 6:10 p.m.	Aug 29 - Oct 17	Oct 24 - Dec 12 *
T	6:15 - 6:55 p.m.	Aug 29 - Oct 17	Oct 24 - Dec 12 *
W	10:00 - 10:40 a.m.	Aug 30 - Oct 18	Oct 25 - Dec 13
W	4:45 - 5:25 p.m.	Aug 30 - Oct 18	Oct 25 - Dec 13
W	6:15 - 6:55 p.m.	Aug 30 - Oct 18	Oct 25 - Dec 13
W	7:00 - 7:40 p.m.	Aug 30 - Oct 18	Oct 25 - Dec 13
Th	6:00 - 6:40 p.m.	Aug 31 - Oct 19	Oct 26 - Dec 21 (no class 11/23)
Th	6:45 - 7:25 p.m.	Aug 31 - Oct 19	Oct 26 - Dec 21 (no class 11/23)
S	10:00 - 10:40 a.m.	Sept 2 - Oct 21	Oct 28 - Dec 16
S	10:45 - 11:25 a.m.	Sept 2 - Oct 21	Oct 28 - Dec 16

* No class Tues., 10/31. Class will meet Fri., 11/03, same time.

SKIPPERS & CLIPPERS (5 yrs. & must have passed Level II)

\$78/Session

M	7:00 - 7:40 p.m.	-----	Oct 30 - Dec 18
T	4:45 - 5:25 p.m.	Aug 29 - Oct 17	Oct 24 - Dec 12 *
W	5:30 - 6:10 p.m.	Aug 30 - Oct 18	Oct 25 - Dec 13
S	9:15 - 9:55 a.m.	Sept 2 - Oct 21	Oct 28 - Dec 16

* No class Tues., 10/31. Class will meet Fri., 11/03, same time.

BOUNCE & BUBBLES - A gym/swim combination class. See our Gymnastics brochure for details.

TINY TOOTS (3-36 Months - Parent Participation Required): Mom and/or Dad will help the child to develop coordination, strength and physical skills, as well as water safety skills, through the direction of a KiDS swim instructor. A swim diaper is required for our "Tiny Toots" and a towel. We do have swim diapers for sale at KiDS body shop. PLEASE, NO REGULAR DISPOSABLE DIAPERS.

SUBMARINES/MOTORBOATS (3 + Years & Potty Trained): This class consists of 30 minutes instruction and 10 minutes water adjustment time. Our objective is to help develop a respect for the water as well as to develop strength, coordination, self-confidence and the ability to participate in a group situation. Submarines work on Level I & II skills. Our trained instructors will show them how to propel themselves to the side of the pool and hold on until someone helps them out. They will also work with kick boards and retrieve objects from under the water. The Motor Boats will continue to work on Level II skills, as well as water safety. In each Motor Boat session, however, we will introduce rhythmic breathing, floating, stroking and the use of life jackets. Student/teacher ratio is 6/1.

SKIPPERS/CLIPPERS (5 + Years & must have passed Level II): Skippers have successfully passed Levels I and II. They enthusiastically work on the crawl stroke with rhythmic breathing, the back crawl, treading water and the butterfly kick. Skippers also work on safety skills and will view a safety video. Clippers is our most advanced water safety class for students who have passed Levels I, II & III. Students refine their freestyle stroke with rhythmic breathing, attempt a fully coordinated butterfly and are introduced to the side, breast and elementary back strokes. They also continue to work on safety skills. As appropriate, students will be tested for certification at Level IV.

MAKE-UP CLASSES: In order to be eligible for make-up classes, it is necessary for you to notify our office at least 2 hours in advance of your child's absence. To avoid overloading any classes, make-ups must be scheduled with the office and are to be completed within the session the class was missed. **Make-ups will be limited to 3 absences per child/session**, are scheduled on an availability basis, are not guaranteed, and may not be rescheduled.

CLASS FEES/PAYMENT PROCEDURE: New students to our program are required to pay a once-a-year **registration fee of \$30/student**. Please note that if your child is already in one of our gymnastics classes at *KiDS* and has a current gymnastics registration fee, you DO NOT need to pay the swim registration fee. A fee deposit box is located in the reception area, or, if you prefer, checks may be **mailed to the office: 1217-19 North Monroe, Papillion, Nebraska 68046**. There will be a \$5 charge per student for any refunds for cancellation of classes prior to the start of a session. No refunds will be made once a session has started. Registration fees are non-refundable. Credits will only be given for lengthy illnesses. Payments accepted in cash or check – **CREDIT/DEBIT CARDS ARE NOT YET ACCEPTED**.

FAMILY DISCOUNT: Additional children in the swim program during the same session receive a \$5 discount on full sessions. Family discounts do not apply when you have one child in swimming and one in gymnastics at the same time since they are two separate programs.

SCHOOL-YEAR OFFICE HOURS (THROUGH MAY 19)

MONDAY – THURSDAY 9:00 A.M. - 2:00 P.M.
3:45 - 7:15 P.M.
FRIDAY 9:00 A.M. - 1:30 P.M.
4:45 P.M. - 7:00 P.M.
SATURDAY 9:00 A.M. - 1:30 P.M.

YOU & ME KiD SWIM – WEDNESDAYS 10:45 AM - 12:15 PM
OPEN GYM - THURSDAYS & FRIDAYS, 10:30 AM-12:00 PM
FAMILY FUN NIGHT –FRIDAYS, 7:30-9:00 PM (8/18 & 9/08 THRU 5/11)
VISIT OUR WEBSITE FOR, PRICING, HOLIDAY CLOSINGS & RESTRICTIONS

TO REGISTER FOR CLASS . . . Complete the registration form and mail or drop off with payment to guarantee enrollment. If your class choice is by chance already filled, we will call you immediately with an alternate choice. **Only registrations received by mail will receive a confirmation e-mail.** Registrations are accepted on a first come, first serve basis and will not be accepted without payment; therefore, no phone reservations accepted.

KIDS SWIMMING REGISTRATION - Note: Make-up swim classes will be limited to three (3) absences/session/child

PARENT FIRST _____ LAST _____

PHONE: CELL _____ MOM/DAD _____ HOME: _____ WORK : _____ (MOM/DAD)

ADDRESS _____ CITY _____ ZIP _____

E-MAIL _____ Text? Y N

Note your child(ren)'s medical/behavior problems or fears which we should be aware of _____

Due to insurance regulations, every person entering the main facility must read the following waiver and sign below as an acknowledgment that he/she understands the following agreement:

I acknowledge that by participating in the pool and/or gym activities and/or by moving around in the pool and/or gym, with its equipment and possible uneven surfaces, there is a risk of injury. I acknowledge that I accept the risk and wave the option to sue should I, or any minors I am responsible for, incur an injury. By waiving the option to sue, I also thereby release **KiDS body shop**, and its agents and employees, from liability for such injury.

Parent/Guardian 's Signature

<p>Student 1: First _____ Last _____ Sex M / F</p> <p>Birth Date: _____ Age _____ Prior KiDS Gym/Swim Student Y / N</p> <p>CLASS CHOICE (Day & Time) _____</p> <p>Session Dates: _____</p> <p>Student 2: First _____ Last _____ Sex M / F</p> <p>Birth Date: _____ Age _____ Prior KiDS Gym/Swim Student Y / N</p> <p>CLASS CHOICE (Day & Time) _____</p> <p>Session Dates: _____</p>	<p style="text-align: right;">Start Date: _____</p> <p>SWIM FEE: Student 1: \$ _____</p> <p style="padding-left: 40px;">Student 2: (Less \$5) _____</p> <p style="text-align: right;">Class Fee Total \$ _____</p> <p>Annual Registration Fee (\$30/Student/Year)</p> <p>Student 1: \$ _____</p> <p>Student 2: \$ _____</p> <p style="text-align: right;">TOTAL AMOUNT DUE \$ _____</p> <p style="text-align: center;">Checks payable to: KiDS body shop (CREDIT/DEBIT CARDS NOT YET ACCEPTED) Mail to: 1217-19 North Monroe - Papillion, NE 68046</p>
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OFFICE USE ONLY:

Date Rec'd: _____ Mail/Person/Box Confirmed: _____ Code: _____ / _____ Roster