



Swimming May - August, 2017

1217-19 NORTH MONROE, PAPANILLION, NE 68046

TEL: 402.339.4009 www.kidsbodyshop.com

OFFICE HOURS 5/30-7/20: T-F 9 AM-1:00 PM; M-TH EVENINGS 4:30-7:15 PM
SAT 9-11:30 AM (THRU JUN. 24 ONLY)

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) (some are 1/wk for 8 wks, some meet 2/wk for 4 wks)

"-----" Indicates Class is full for that session

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

\$72/Session

T	7:00 - 7:30 p.m.	-----	Jun 20 - Aug 15 (No class July 4)
W	9:30 - 10:00 a.m.	-----	Jun 28 - Aug 16
Th	5:30 - 6:00 p.m.	-----	Jun 29 - Aug 17
Th	7:30 - 8:00 p.m.	-----	Jun 29 - Aug 17

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

\$78/Session

M	4:45 - 5:25 p.m.	-----	-----	Jul 10 - Aug 28
M	5:30 - 6:10 p.m.	-----	-----	Jul 10 - Aug 28
M	6:15 - 6:55 p.m.	-----	-----	Jul 24 - Aug 21 (5 wks.) *
T	10:00 - 10:40 a.m.	May 30 - Jul 25 (No class July 4)	-----	-----
T	5:30 - 6:10 p.m.	-----	Jun 20 - Aug 15 (No class July 4)	-----
T	6:15 - 6:55 p.m.	-----	Jun 20 - Aug 15 (No class July 4)	-----
W	10:00 - 10:40 a.m.	-----	Jun 28 - Aug 16	-----
W	4:45 - 5:25 p.m.	-----	Jun 28 - Aug 16	-----
W	6:15 - 6:55 p.m.	-----	-----	Jul 26 - Aug 16 (4 wks.) **
Th	6:00 - 6:40 p.m.	-----	Jun 29 - Aug 17	-----
Th	6:45 - 7:25 p.m.	-----	Jun 29 - Aug 17	-----
F	10:00 - 10:40 a.m.	-----	Jun 2 - Jul 21	-----
S	10:00 - 10:40 a.m.	-----	-----	-----
S	10:45 - 11:25 a.m.	-----	-----	-----
M & W	6:15 - 6:55 p.m.	-----	Jun 26 - Jul 19 ***	-----
M & W	7:00 - 7:40 p.m.	-----	Jun 26 - Jul 19 ***	-----
W & F	10:45 - 11:25 a.m.	-----	Jun 28 - Jul 24	-----

* Class meets 1 x week/5weeks @\$49/Session (minus \$2.50 2nd child)

** Class meets 1 x week/4weeks @\$39/Session (minus \$2.50 2nd child)

*** No class Mon., July 3. Class will meet Fri., July 7, same time.

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

\$78/Session

T	4:45 - 5:25 p.m.	-----	Jun 20 - Aug 15 (No class July 4)
W	5:30 - 6:10 p.m.	-----	Jun 28 - Aug 16

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

YOU & ME KID SWIM *

TUES, 11:00 A.M. - 12:30 PM (MAY 30 - JULY 18, 2017)

\$3/PERSON; \$1/INFANT UNDER 1 YR.

* No registration required. There will be **no staff person on duty**, so parents must be in the pool area with their children. Parents are required to be **in the water** with children under 3 years of age.

FOR INFORMATION ON OTHER ACTIVITIES OPEN TO THE PUBLIC, PLEASE CALL OR VISIT OUR WEBSITE.

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.

CLASS FEES/PAYMENT PROCEDURE: New students to our program are required to pay a once-a-year **registration fee of \$30/student/year**. Please note that if your child is already in one of our gymnastics classes at KiDS or Omega 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 address**. 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.

FAMILY DISCOUNT: Additional siblings 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.

TO REGISTER FOR CLASS . . . Complete this registration and mail or drop off with payment to guarantee enrollment. If your class choice is full, we will call you with an alternate choice. **Only registrations received by mail will receive a confirmation e-mail or post card (time permitting).** Registrations are accepted on a first-come-first-served basis and will not be accepted without payment; therefore, no phone reservations accepted.

KiDS body shop SWIMMING REGISTRATION

PARENT FIRST _____ LAST _____	
CELL _____ (MOM/DAD HOME _____ WORK _____ (MOM/DAD)	
ADDRESS _____ CITY _____ ZIP _____	
E-MAIL _____ Texting? Y / N	
<p>Note your child(ren)'s medical/behavior problems or fears which we should be aware of _____</p> <p>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 waive 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 Omega, its agents and employees, from liability for such injury.</p>	
_____ Parent/Guardian's Signature	
<p>Student 1:</p> <p>First _____ Last _____</p> <p>Birth Date _____ Age _____ Gender M / F _____</p> <p style="text-align: center;">Prior KiDS/Omega Gym/Swim Student Y / N</p> <p>CLASS DAY & TIME _____</p> <p>Session Dates _____</p> <p>Student 2:</p> <p>First _____ Last _____</p> <p>Birth Date _____ Age _____ Gender M / F _____</p> <p style="text-align: center;">Prior KiDS/Omega Gym/Swim Student Y / N</p> <p>CLASS 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; color: red;">Checks payable to: KiDS</p> <p style="text-align: center; color: red;">(CREDIT/DEBIT CARDS NOT YET ACCEPTED)</p> <p>Mail to: 1217-19 North Monroe - Papillion, NE 68046</p>

OFFICE USE ONLY:			
Date Rec'd: _____	Mail/Person/Box _____	Confirmed: _____	Code: _____ / _____ Roster <input type="checkbox"/>