

Swimming January - March, 2018

1217-19 NORTH MONROE, PAPIILLION, NE 68046
 TEL: 402.339.4009 www.kidsbodyshop.com
OFFICE HOURS: M-TH 9 AM-2:00 PM & 3:45-7:15 PM;
 F 9 AM-1:30 PM & 4:45-7:00 PM; S 9 AM-1:30 PM

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 90°. 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.

TINY TOOTS (Ages 3-36 months - Parent Participation) \$72/Session

| | | |
|----|------------------|-----------------|
| T | 6:30 - 7:00 p.m. | Jan 9 - Feb 27 |
| W | 9:15 - 9:45 a.m. | Jan 10 - Feb 28 |
| Th | 5:40 - 6:10 p.m. | Jan 11 - Mar 1 |

*** ANY CHILD UNDER 3 MUST RECEIVE INSTRUCTOR RECOMMENDATION TO PARTICIPATE IN THE FOLLOWING CLASSES:**

SUBMARINES (3+* Yrs. & Potty Trained, Level 1) \$78/Session

| | | |
|----|--------------------|-----------------|
| M | 5:20 - 5:50 p.m. | Jan 8 - Feb 26 |
| T | 9:15 - 9:45 a.m. | Jan 9 - Feb 27 |
| T | 4:45 - 5:15 p.m. | Jan 9 - Feb 27 |
| T | 5:55 - 6:25 p.m. | Jan 9 - Feb 27 |
| W | 9:50 - 10:20 a.m. | Jan 10 - Feb 28 |
| W | 5:20 - 5:50 p.m. | Jan 10 - Feb 28 |
| Th | 6:15 - 6:45 p.m. | Jan 11 - Mar 1 |
| S | 10:20 - 10:50 a.m. | Jan 13 - Mar 3 |

MOTOR BOATS (Level 2 - Must have passed Level 1) \$78/Session

| | | |
|----|--------------------|-----------------|
| M | 4:45 - 5:15 p.m. | Jan 8 - Feb 26 |
| T | 9:50 - 10:20 a.m. | Jan 9 - Feb 27 |
| T | 5:55 - 6:25 p.m. | Jan 9 - Feb 27 |
| W | 6:30 - 7:00 p.m. | Jan 10 - Feb 28 |
| Th | 6:15 - 6:45 p.m. | Jan 11 - Mar 1 |
| S | 10:20 - 10:50 a.m. | Jan 13 - Mar 3 |
| S | 10:55 - 11:25 a.m. | Jan 13 - Mar 3 |

SKIPPERS (Level 3 - Must have passed Level 2) \$78/Session

| | | |
|----|--------------------|-----------------|
| M | 6:30 - 7:00 p.m. | Jan 8 - Feb 26 |
| T | 4:45 - 5:15 p.m. | Jan 9 - Feb 27 |
| T | 5:20 - 5:50 p.m. | Jan 9 - Feb 27 |
| W | 5:55 - 6:25 p.m. | Jan 10 - Feb 28 |
| Th | 6:50 - 7:20 p.m. | Jan 11 - Mar 1 |
| S | 10:55 - 11:25 a.m. | Jan 13 - Mar 3 |

CLIPPERS (Level 4 - Must have passed Level 3) \$78/Session

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|----|-------------------|-----------------|
| M | 5:55 - 6:25 p.m. | Jan 8 - Feb 26 |
| T | 5:20 - 5:50 p.m. | Jan 9 - Feb 27 |
| W | 4:45 - 5:15 p.m. | Jan 10 - Feb 28 |
| Th | 6:50 - 7:20 p.m. | Jan 11 - Mar 1 |
| S | 9:45 - 10:15 a.m. | Jan 13 - Mar 3 |

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

Refer to our website @ kidsbodyshop.com for policies regarding make-up classes, inclement weather and holiday closings.

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
VISIT OUR WEBSITE FOR PRICING, HOLIDAY CLOSINGS & RESTRICTIONS



THANK YOU for being a part of the *KiDS body shop* Swim Program!

We have updated a few of our standard operating procedures and we are very excited to share them with you!

Safety

- **Our new student/instructor ratio will be an average of 4 students to 1 instructor.** It will allow instructors to give more individualized attention to each student throughout class, resulting in higher proficiency.
- **Our required skills have been updated to include more safety skills** (e.g. jumping unassisted into deep water and recovering to the wall) .

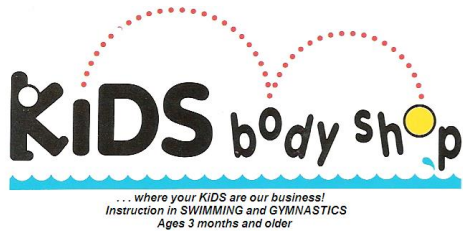
Class Schedules

- Our swim lesson schedules will be released **one (1) session at a time - six (6) weeks prior to the session start date.** This will help us plan our class schedules to best fit our current students and their needs.
- **Classes will now be separated into individual levels** (e.g. Skipper OR Clipper, not Skipper/Clipper). This will enable our instructors to tailor lessons more specifically to each child's needs and every child will receive the attention they need to progress through each swim level in a timely manner.
- **Our classes will now be 30 minutes long.** Our lower ratio will provide more instruction time in pool for every student. Separating levels of instruction allows instructors to focus on a set of skills at one level, ultimately resulting in more efficiency in each class. This will also create a more convenient schedule for parents, and allow for more class offerings in the future! (There will be time slots where more than 1 class is offered, however, those classes will be completely separate with separate instructors.)

Registration & Parent Portal

- **For your convenience, you will be able to register and pay* your tuition for any swim class online from the comfort of your home!** By going to www.kidsbodyshop.com/parent-portal you will be able to easily register for our upcoming swim sessions.
** Keep in mind that if you save your credit card information on your account, and you have a balance due on your account as of the 24th of the month, your card will automatically be drafted on that date. If you do not want your card automatically drafted on the 24th, please don't save it to your account.*
- Registration will OPEN three (3) weeks prior to upcoming session start dates and will END two (2) weeks after each session's start date. Registration for the January -March swim sessions will begin on **December 11, 2017** and end two (2) weeks after each start date.
- **You can now check your child's progress online at any time by logging in to our parent portal!** Under the parent portal evaluations tab, you can check each child's current skill level. Each required skill will be rated with 1 to 3 stars to show you exactly how your swimmer is progressing.

If you have any questions or concerns, please reach out to our new
Aquatics Director, Lauryn, at Lauryn.KBS@gmail.com



Swimming Program

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.

*** ANY CHILD UNDER 3 YRS. MUST RECEIVE INSTRUCTOR RECOMMENDATION TO PARTICIPATE IN THE FOLLOWING CLASSES:**

SUBMARINES: 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 setting. Submarines work on Level 1 skills. Our 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. Student/teacher ratio is 4/1.

MOTORBOATS: The Motor Boats will work on Level 2 skills, as well as water safety. In each Motor Boat session we will introduce rhythmic breathing, floating, stroking and the use of life jackets. Student/teacher ratio is 4/1.

SKIPPERS: Skippers have successfully passed Levels 1 and 2. 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: Clippers is our most advanced water safety class for students who have passed Levels 1, 2 & 3. 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 4.

TO REGISTER FOR CLASS: Enrollment begins December 11, 2017. Our preferred method of enrollment is online, and our preferred method of payment is credit/debit card through our online Parent Portal. **We accept credit/debit card payments through our Parent Portal only (www.kidsbodyshop.com/parent-portal).** If you are unable to register online, complete the registration below and mail (check) or drop off with payment (cash or check only) and Release of Liability form. If your class choice is full, we will call or email you with an alternate choice. **Registrations submitted before December 11, 2017 WILL NOT BE ACCEPTED.** Registrations are on a first-come-first-served basis, and will not be accepted without payment. Registration will end 2 weeks after each session's start date.

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 _____ | texts: Y / N |
| Note your child(ren)'s medical/behavior problems or fears which we should be aware of _____ | |
| Release of Liability forms are located online at kidsbodyshop.com and also at KiDS body shop's welcome counter. | |
| I have attached a signed copy of the Release of Liability hereto. _____ (Init.) | |
| Our complete Rules, Terms, Conditions and Policies are available online at kidsbodyshop.com and also at KiDS body shop's welcome counter. I acknowledge that I have read and fully understand and agree to all the rules, terms conditions and policies as stated therein. | |
| _____ Parent/Guardian 's Signature | |
| Student 1: First _____ Last _____ Sex M/F Birth Date: _____ Age _____ Prior KiDS Gym/Swim Student Y/N CLASS CHOICE (Day & Time) _____ Session Dates: _____ | Start Date: _____ SWIM FEE: Student 1: \$ _____ Student 2: (Less \$5) \$ _____ Class Fee Total \$ _____ Annual Registration Fee (\$30/Student/Year) Student 1: \$ _____ Student 2: \$ _____ TOTAL AMOUNT DUE \$ Checks payable to: KiDS body shop Mail to: 1217-19 North Monroe - Papillion, NE 68046 |
| Student 2: First _____ Last _____ Sex M/F Birth Date: _____ Age _____ Prior KiDS Gym/Swim Student Y/N CLASS CHOICE (Day & Time) _____ Session Dates: _____ | |

OFFICE USE ONLY:
 Date Rec'd: _____ Init. _____ Mail/Person/Box Confirmed: _____ Code: _____ / _____ Roster

KiDS body shop

Rules, Terms, Conditions, and Policies

REGISTRATION FEE:

All Students will be charged a registration fee of \$30/student per year.

PAYMENT PROCEDURE:

Gymnastics fees are payable on a monthly basis and are due by the end of the month for the upcoming month. We do offer an "early bird" \$2 discount per student if these fees are paid or postmarked by the 24th of the current month for the upcoming month. Gymnastics class fees paid on the 1st of the month or later will be charged an additional \$5 per family. Checks are to be made payable to KiDS. There will be a \$15 charge for any returned checks.

Swimming fees are payable upon sign up. Our preferred method of payment for swim classes is by credit/debit card through Parent Portal. We also accept cash and check.

CREDIT CARDS (For Swim Student Fees Only):

We currently accept credit/debit card payments through Parent Portal only.

If any credit/debit card information is stored in your Parent Portal account, the card will be automatically drafted on the 24th of the month if there is a balance due.

FAMILY DISCOUNT:

If more than one family member is involved in the same program (gymnastics or swimming) at KiDS and/or Omega, your account qualifies for a discount on the total class fee due per month. Discounts apply only to full months of tuition. A second child (or more) receives a \$5 discount (per additional child). As gymnastics and swimming are separate programs, family discounts do not apply when you have one child in swimming and one in gymnastics.

DROP PROCEDURE:

PARENTS MUST NOTIFY THE OFFICE TO DROP A STUDENT FROM CLASS. This must be done before the 1st of the month to avoid being billed.

Please note: You are responsible for payment for your student's classes WHETHER OR NOT YOUR STUDENT ATTENDS CLASS until the time you notify the office. Please do not rely on your student to verbally let us know that he/she will no longer be attending classes. If a student stops coming to class without notification then that student's account will be charged. This charge will be for holding the student's place in that class instead of offering that place to one of the many on our waiting list.

REFUNDS:

Credits will only be given for illnesses or injuries of 3 weeks or longer. A doctor's not must be presented. Pro-rated fees are based on a four-week month. There is a \$5 per student processing fee for any refunds prior to a class starting, but no refunds will be given once classes for the month/session have started. **Registration fees are non-refundable.**

Page Break

MAKE-UP POLICY:

Make-up classes are offered as a courtesy to our customers. However, you must notify the office at least **2 hours** in advance of your child's absence from class in order to be eligible for a make-up class. Because of our strict student to teacher ratio, make-ups must be scheduled through our office, are not guaranteed and **cannot be rescheduled**. No refunds are given for classes missed.

INCLEMENT WEATHER/CANCELLED CLASSES:

All morning activities at KiDS body shop will automatically be cancelled when the Papillion/LaVista School District cancels their regular school-hour classes due to inclement weather conditions. For closings regarding activities during the afternoon/evening, a determination will be made and announcements will be posted by 12:00 p.m. that same day on our websites and a recording on our voicemail. A determination regarding Saturday classes will be made by 6:30 a.m. that same day.

If KiDS body shop holds activities but conditions still do not allow you to safely venture out, you will need to notify us of your child's absence in accordance with our regular make-up policy.

Make-Up Open To The Public coupons will be given to each gym student in lieu of make-up classes.

School holidays or other off days do not affect our schedule. Our School-Year Calendar is posted on the website.

ATTIRE:

No special uniform is required for gymnasts, but students must be able to stretch and move comfortably. Leotards or knit shorts and shirts are suggested. No socks, jeans/jean shorts, tights (with feet), gum, jewelry, belt buckles, or large barrettes/hair ribbons. No loose clothing that could get caught on equipment. Hair should be pulled back securely out of the gymnast's face.

Swimming students should wear a swim suit and bring a towel. Flotation devices, other than those provided by this facility for teaching purposes, are not allowed.

ARRIVALS-DEPARTURES:

Please be punctual. Parents are to stay with their child(ren) until class begins. If your child is self-sufficient in the restroom then you may leave the building once class is in session, however, we ask that you sign-out on the Sign-Out Sheet located on the lobby counter. During peak times the parking lot is crowded. We ask you to take into consideration that our students are young children. Please drive slowly and carefully. Do not take a chance on your student running to and from your car.

Please do not enter the pool area more than 10 minutes before your child(ren)'s class is scheduled to begin. Once they are changed please have them shower and use the restroom before class begins.

KiDS body shop Release of Liability

Gymnast (and if a minor, the undersigned as parent/guardian of Gymnast and for him or herself in attending events at KiDS body shop and using the facilities) voluntarily assumes all of the risks and dangers which are inherent in any gymnastic activity and the use of any gymnastic equipment. These risks and dangers include, but are not limited to, abrasions, contusions, concussions, lacerations, sprains, broken bones, serious bodily injury, permanent disability, paralysis, and death.

____(Initials)

Gymnast (and if a minor, the undersigned) understands and acknowledges that neither KiDS body shop nor its employees, agents, volunteer assistants (collectively, "KiDS body shop") or other gymnasts are insurers against injury and that KiDS body shop offers its services to gymnasts at a cost which reflects the fact that it will not, and cannot, be monetarily responsible for personal injuries that may occur to a gymnast while on the premises or elsewhere. In consideration of this, and in consideration of the right to participate in gymnastics and related activities: (a) at KiDS body shop; (b) during competition at KiDS body shop and elsewhere; during travel to and/or from KiDS body shop; (d) during travel to and/or from competitions, and/or other related KiDS body shop activities, **the undersigned agrees to release, defend and hold KiDS body shop, all other gymnasts, visitors, other persons who may be present, and the owners and managers of the premises where KiDS body shop is located harmless from any claims and/or liability for damages arising directly or indirectly from any injury(ies) and damages sustained by Gymnast due, in whole or in part, to: (a) the negligence of KiDS body shop and/or other gymnasts or visitors; (b) the negligence of any owners and/or managers of the premises where KiDS body shop is located; any defective quality or performance either as to the manufacture, design, location and/or maintenance of any equipment or facilities used by KiDS body shop in its business, whether or not any such defective quality or performance is known or unknown to KiDS body shop, the Gymnast and/or the undersigned.**

____(Initials)

To the extent that Gymnast is a minor, the undersigned as parent/guardian of Gymnast, gives his/her child permission to participate in any and all KiDS body shop programs.

____(Initials)

Further, the undersigned, as the parent/guardian of Gymnast, represents and warrants that s/he carries adequate medical insurance on and for the Gymnast. The undersigned also gives his/her consent to KiDS body shop to provide, through a medical provider of its choosing, such medical attention, services, transportation, and/or emergency medical services as KiDS body shop, in its sole opinion, deems reasonably necessary. **This provision does not, and is not intended to, place any obligation upon KiDS body shop to provide any medical attention, services, transportation and/or emergency medical services to Gymnast or anyone else.**

____(Initials)

By signing the Release of Liability, the undersigned acknowledges and represents that s/he is aware of the risks inherent to the use and operation of the KiDS body shop's facilities and equipment. The undersigned accepts full and complete responsibility for those risks and for any damages that may occur as a result of those risks even if injuries or damages occur in a manner that is or was not foreseeable at the time this Release of Liability is signed.

____(Initials)

The undersigned, as parent/guardian of Gymnast, authorizes KiDS body shop to use Gymnast's image in any display and/or publication including, but not limited, to advertising, promotional activities, website content, or training material.

____(Initials)

The undersigned represents and acknowledges that s/he has read, and will obey, the regulations outlined in the KiDS body shop Rules, Terms, and Conditions, as may be amended from time to time, as well as all signage located at the facility and verbal instruction(s) of KiDS body shop coaching staff.

____(Initials)

I have full knowledge and appreciation of the nature and extent of the inherent risks of gymnastics, of using the KiDS body shop facilities and equipment and the participation in classes and/or activities sponsored by KiDS body shop. I acknowledge and represent that I have competence in the basic skills necessary to use the facilities and equipment and I relieve KiDS body shop of any and all liability for injuries, damage or losses to myself or other persons. I also acknowledge and represent that no oral representation or statements or inducements have been made to me or for me that change, alter or modify anything contained in the Release of Liability. I have read this Release of Liability in its entirety and understand those legal rights which I am expressly and voluntarily waiving by signing below.

X _____
Signature of Gymnast (if 19 years or older) or Parent/Guardian

Date: _____

Printed Name: _____