



... where your KIDS are our business!
Instruction in SWIMMING and GYMNASTICS
Ages 3 months and older

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	9:45 - 10:15 p.m.	Jan 13 - Mar 3
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

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, 10:30 AM-12:00 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

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. Student/teacher ratio is 4/1.

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 <i>KiDS body shop's</i> 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 <i>KiDS body shop's</i> 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: _____ Student 2: 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

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