



# Swimming

## MARCH 4 - APRIL 27, 2019

**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.

Classes meet 1x/week for 8 weeks.

Tiny Toots (Ages 3-36 months) 30 min.-\$72/Session  
Submarines (3+ Years & Potty Trained, Level 1) 30 min.-\$78/Session  
Motorboats (Level 2- Must have passed Level 1) 30 min.-\$78/Session  
Speedboat (Level 2.5 - Must have passed Level 2) 45 min.-\$117/Session  
Powerboats (Levels 3/4) 45 min.-\$117/Session

\*Please check our website, [kidsbodyshop.com](http://kidsbodyshop.com), or Facebook page for possible closings.

Mon	Tues	Wed*	Thurs	Fri	Sat
9:30-1:00 <span style="color: red;">You &amp; Me*</span> <span style="color: red;">KiD Swim</span>	9:15-9:45 <span style="color: orange;">Submarines</span>	9:15-9:45 <span style="color: magenta;">Toots</span>	9:00-9:45 <span style="color: green;">Speedboats</span>	9:30-12:00 <span style="color: red;">You &amp; Me*</span> <span style="color: red;">KiD Swim</span>	9:15-9:45 <span style="color: magenta;">Toots</span>
	9:50-10:20 <span style="color: green;">Motorboats</span>	9:50-10:20 <span style="color: orange;">Submarines</span>	9:50-10:20 <span style="color: orange;">Submarines</span>		9:45-10:30 <span style="color: green;">Speedboats 2.5</span> <span style="color: blue;">Powerboats</span>
	10:25-11:10 <span style="color: green;">Speedboats 2.5</span>	10:30-12:00 <span style="color: red;">You &amp; Me*</span> <span style="color: red;">KiD Swim</span>	10:30-12:00 <span style="color: red;">You &amp; Me*</span> <span style="color: red;">KiD Swim</span>		10:35-11:05 <span style="color: orange;">Submarines</span> <span style="color: green;">Motorboats</span>
	11:30-1:00 <span style="color: red;">You &amp; Me*</span> <span style="color: red;">KiD Swim</span>				11:10-11:40 <span style="color: orange;">Submarines</span> <span style="color: green;">Motorboats</span>
					11:45-12:15 <span style="color: orange;">Submarine</span> <span style="color: green;">Motorboats</span>
					12:30-1:00 <span style="color: orange;">Bounce &amp; Bubbles</span> <span style="color: orange;">Pool</span>
	4:30-5:15 <span style="color: green;">Speedboats 2.5</span> <span style="color: blue;">Powerboats</span>	4:40-5:10 <span style="color: magenta;">Toots</span>	4:15-4:55 <span style="color: green;">Speedboats 2.5</span>		
5:05-5:35 <span style="color: orange;">Submarines</span> <span style="color: green;">Motorboats</span>	5:20-5:50 <span style="color: orange;">Submarines</span> <span style="color: green;">Motorboats</span>	5:15-6:00 <span style="color: green;">Speedboats 2.5</span> <span style="color: blue;">Powerboats</span>	5:00-5:30 <span style="color: orange;">Bounce &amp;</span> <span style="color: orange;">Bubbles Pool</span>		
5:40-6:10 <span style="color: orange;">Submarines</span> <span style="color: green;">Motorboats</span>	5:55-6:25 <span style="color: orange;">Submarines</span> <span style="color: green;">Motorboats</span>	6:05-6:35 <span style="color: orange;">Submarines</span> <span style="color: green;">Motorboats</span>	5:35- 6:05 <span style="color: magenta;">Toots</span>		
6:15-7:00 <span style="color: green;">Speedboats 2.5</span> <span style="color: blue;">Powerboats</span>	6:30-7:00 <span style="color: magenta;">Toots</span>	6:40-7:10 <span style="color: orange;">Submarines</span> <span style="color: green;">Motorboats</span>	6:10-6:40 <span style="color: orange;">Submarines</span>		
7:05-7:35 <span style="color: magenta;">Toots</span>			6:45-7:15 <span style="color: green;">Motorboats</span>		

**YOU & ME KID SWIM \***  
**(Check our website for days, times offered and possible closings)**  
**\$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.

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

**SUBMARINES (Level 1) - 30 min.:** 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. 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 (Level 2 & Passed Level 1) - 30 min.** In each Motor Boat session we will introduce rhythmic breathing, floating, stroking, water safety and the use of life jackets. Student/teacher ratio is 4/1.

**SPEEDBOATS (Level 2.5 & Passed Level 2, plus teacher recommendation) - 45 min.:** Speedboats will be introduced to the elementary back stroke, work on rhythmic breathing, swimming the perimeter of pool and deep water skills. They will also work on safety skills. Student/teacher ratio is 4/1.

**POWERBOATS (Levels 3/4 & Passed Levels 1 thru 2.5) - 45 min.:** Powerboats will work on the back crawl, treading water, butterfly, breast stroke, side stroke and continued knowledge of freestyle. They also work on safety skills and will view a safety video. Student/teacher ratio is 4/1.

**TO REGISTER FOR CLASS . . .** Our preferred method of enrollment is online, and our preferred method of payment is credit/debit card through our online Parent Portal ([www.kidsbodyshop.com/parent-portal](http://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, check, or card) and Release of Liability form. If your class choice is full, we will call or email you with an alternate choice. 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 \_\_\_\_\_ New Family to KiDS/OGA? Y / N

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](http://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](http://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

<p><b>Student 1:</b> First _____ Last _____ Sex M/F</p> <p>Birth Date: _____ Age: _____ Prior <b>KiDS/OGA</b> Gym/Swim Student Y/N</p> <p>CLASS CHOICE (Day &amp; Time) _____</p> <p>Session Dates: _____</p> <p><b>Student 2:</b> First _____ Last _____ Sex M/F</p> <p>Birth Date: _____ Age: _____ Prior <b>KiDS/OGA</b> Gym/Swim Student Y/N</p> <p>CLASS CHOICE (Day &amp; Time) _____</p> <p>Session Dates: _____</p>	<p align="right">Start Date: _____</p> <p><b>SWIM FEE:</b></p> <p>Student 1: \$ _____</p> <p>Student 2: (Less \$5) \$ _____</p> <p align="right"><b>CLASS FEE TOTAL</b> \$ _____</p> <p><b>Annual Registration Fee</b> (\$30/Student/Year)</p> <p>Student 1: \$ _____</p> <p>Student 2: \$ _____</p> <p align="right"><b>TOTAL AMOUNT DUE</b> \$ _____</p> <p align="center">Checks payable to: <b>KiDS body shop</b>  <b>Mail to:</b> 1217-19 North Monroe - Papillion, NE 68046</p>
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**OFFICE USE ONLY:**  
Date Rec'd: \_\_\_\_\_ Init. \_\_\_\_\_ Mail/Person/Phone/Box Confirmed: \_\_\_\_\_ Comp.  Charges  Payment  Welcome Packet