



Swimming -Session 5

August 26- October 21, 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

Speedboats (Level 2.5- Must have passed Level 2) 45 min.-\$117/Session

Powerboats (Levels 3/4 – Must have passed Level 2.5) 45 min.-\$117/Session

For Information about Private Lessons, please call our office

*Please check our website, kidsbodyshop.com, or Facebook page for possible closings.

Mon**	Tues	Wed	Thurs	Fri	Sat
	9:15-9:45 Submarines	9:15-9:45 Tiny Toots			9:15-9:45 Tiny Toots
	9:50-10:20 Submarines/ Motorboats (Combo)	9:45-10:15 Submarines			9:45-10:15 Submarines Motorboats
	10:25-11:10 Speedboats	10:20-10:50 Submarines/ Motorboats (Combo)			10:20-11:05 Speedboats Powerboats
					11:10-11:40 Submarines Motorboats
					11:45-12:15 Submarine Motorboats
	4:35-5:20 Speedboats Powerboats	4:45-5:15 Tiny Toots	4:10-4:55 Speedboats/ Powerboats (Combo)		
5:15-5:45 Submarines Motorboats	5:25-5:55 Submarines Motorboats	5:15-5:45 Submarines Motorboats	5:00-5:30 Submarines		
5:50-6:20 Submarines Motorboats	6:00-6:30 Submarines Motorboats	5:55-6:25 Submarines/ Motorboats (Combo)	5:30- 6:00 Tiny Toots		
6:25-7:10 Speedboats Powerboats	6:30-7:00 Tiny Toots	6:40-7:10 Submarines Motorboats	6:00-6:30 Submarines		
7:10-7:40 Tiny Toots	7:00-7:30 Submarines/ Motorboats (Combo)	7:15-7:45 Submarines/ Motorboats (Combo)	6:35-7:05 Motorboats		

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 Level 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). 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 _____
 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: _____

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/Phone/Box Confirmed: _____ Comp. Charges Payment Welcome Packet