

# SWIM CARE AQUATICS PROGRAM

**WELCOME**— Swim Care lessons are based on skill levels and are divided into a variety of different groups to accommodate for all types of swimmers. While practice and persistence are key in all skills, the program is designed to let each participant's abilities determine their progress through the program. Below is all of the different levels that are offered with a brief description of the skills taught in each group.



**SHRIMP**—For children 6 months to 3 years of age. Intended to develop comfort in and around the water.

\*Parent accompanies child in the pool.

**SEAHORSE**—For children at least 3 years of age. Teaches buoyancy, breath control, and introduces basic water skills.

**STARFISH**—Learning unsupported floating and kicking, while front crawl and back crawl are introduced.

**GUPPY**— Continue to work on front crawl and back crawl, learn elementary backstroke, and begin diving.

**FLIPPER**— Introduction to sidestroke, deep water bobbing, breaststroke kick, and continues work on previous strokes.

**SEAL**— Continuing stroke development and adding the dolphin kick, treading water, & breaststroke.

**SAILFISH**—Build endurance while being introduced to the butterfly, front and back crawl flip turns.

**BARRACUDA**—Refine and review all strokes and turns, build endurance, and learn Junior lifeguarding skills.

Group and private lessons are available for swimmers of all ages. Below are the times and dates available for this summer. If you have questions regarding the lessons available please contact the Midwest Pool Office Swim Lesson Coordinator at 314-432-1313 x 4709.

**Group Lessons**— Class Cost per session- **\$43 for residents, \$48 for non-residents**

There is a minimum of 3 participants in a level needed for group classes to be held.

**Morning lessons:** One session = 2 weeks, Monday- Thursday for 2 weeks 11:15am-11:45am (8- 30 minute classes)

Session 1: June 5—15    Session 2: June 19—29    Session 3: July 10—20

**Evening lessons:** One session = 4 weeks, Tuesdays and Thursdays for 4 weeks 7:15pm-7:45pm (8- 30 minute classes)

Session 1: June 6—29    Session 2: July 11—August 3

**Private Lessons**—Private lessons are also available for individual participants. Private lessons will be held from 10:30—11:00 am, Mondays—Thursdays. Once registration is received you will be contacted by our Office Swim Less Coordinator to set up exact dates with an appropriate instructor. **Three 30 Minute lessons—\$52 for residents, \$58 for non-residents**

To register for lessons, please completely fill out the attached registration form and send into the our office with payment. Checks should be made out to Midwest Pool Management All registrations must be received by the Thursday before the session begins in order to participate in that session. Registrations will begin May 2 and continue through August 1st.

**RAIN DAY CANCELLATION:** If classes are cancelled by our staff due to weather, you will be notified and the class time will be rescheduled. If you need to cancel or change a Private Lesson time please notify our office 24 hours before so we can make arrangements. If we are not informed and you do not show up for a lesson, you will be charged for that time.

**REFUND POLICY:** Refunds will be considered on an individual basis.

## SWIM LESSON REGISTRATION FORM

Please fill out completely, and submit with payment to Midwest Pool Management  
 Note: Swimming can be a dangerous activity; completion of classes does not certify aquatic survival in all environments. I, the undersigned parent/guardian have full knowledge of such risks.

POOL \_\_\_\_\_ Session & Time \_\_\_\_\_

Parent/ Guardian Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Level \_\_\_\_\_

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Level \_\_\_\_\_

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Level \_\_\_\_\_

\*Please note your child may be moved from the level they are signed up for depending on their skills demonstrated in class.

If accommodations are needed to participate, please list:

**Office Use:** Amt Pd \_\_\_\_\_ Cash \_\_\_\_\_

Check # \_\_\_\_\_ CC Type \_\_\_\_\_

Credit card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Staff Accepting Registration \_\_\_\_\_ Date \_\_\_\_\_

**Private Lesson Dates, Times, and Instructor :**

Midwest Pool Management  
 156 Weldon Parkway  
 Maryland Heights, MO 63043  
 Phone: 314-432-1313

## PARENTS SAY IT BEST!

▶ "we got more than our moneys worth  
and my son looks forward to coming  
everyday!"

Father of a 4 year old

"Good progression of swim skills. En-  
thusiastic instructor made my child  
feel comfortable"

Mother of 8 year old

"He was very patient and gave con-  
stant encouragement to his students.  
I've been very impressed each year  
with the instructors, keep up the  
good work!!"

-Father of 9 year old

"Loved it all. Staff was very friendly  
and helpful. Took good care of my  
kids. I really appreciate that. Will re-  
turn next year. Thanks!

-Mother of 3 & 8 year olds

"Patient, kindness and motivating  
ability of instructor"

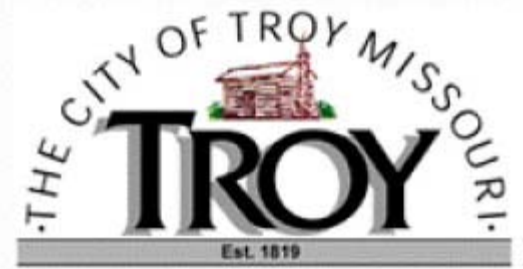
Father of a 4 & 7 year old

Thank You!

We appreciate your comments and  
suggestions. They are always welcome.



MIDWEST POOL MANAGEMENT  
156 Weldon Parkway  
Maryland Heights, MO 63043



## SWIM CARE AQUATICS PROGRAM



City of Troy  
Summer 2017