

Children's Learn-to-Swim

HealthPlus Fitness Center

Fall 2010

The American Red Cross Learn-to-Swim courses offered at HealthPlus Fitness Center are designed to give your child a positive learning experience and to teach lifelong swimming skills. Each course includes water safety skills, swimming skill practice and play. Every child has a place in our program. Find the level that is right for your child and we'll see you in the pool!

Water Babies

Baby's first swim lesson. American Red Cross Parent and Child Aquatics builds swimming readiness by emphasizing fun in the water. Parents and children participate in eight 30-minute guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration, and more. This is not a Learn-to-Swim class. For children 6 months – 5 years.

Angelfish (Level 1)

This class helps students feel comfortable and safe in the water by introducing basic water skills such as floating, bubble blowing, entering and exiting the water, submerging, and arm and leg action with support. Students participate in eight 40-minute lessons. Students must be 3 years old to participate. There are no prerequisites for this class. Class size is limited to four.

Dolphins (Level 2)

This class gives students success with fundamental aquatic skills. Students learn to swim on front, back, and side using combined arm and leg action. Students participate in eight 40-minute lessons. The prerequisite for Dolphins is the successful demonstration of Angelfish skills and comfort in the water. Class size is limited to four.

Snappers (Level 3)

This class builds on the skills and further develops the strokes learned in Dolphins. Students continue work on front and back crawl and are introduced to treading water and butterfly. Students participate in eight 40-minute lessons. The prerequisite for Snappers is the successful demonstration of Dolphins skills. Class size is limited to four.

Classes may be repeated if needed until the objective of the course is met.

Fall Sessions

Our four-week fall sessions meet Mondays & Wednesdays or Tuesdays & Thursdays. Children must be at least 3 years old to participate. The session fee for HealthPlus Members is \$55 and for Non-members is \$70.

Lessons are held in our heated-indoor pool. The pool is four-foot deep. Students must wear a swimsuit and, if needed, a swim diaper. **We ask that parents stay in the facility during each swim lesson; however, parents will not be allowed to remain on the pool deck.**

Registration for all fall sessions are now open. You must register in person with payment at the HealthPlus Front Desk. We cannot take credit cards over the phone or put your name on the list without payment. **We do not offer refunds.**

HealthPlus reserves the right to change, add, or combine classes based on enrollment. Contact Keena Edwards at keena.edwards@eamc.org or Ashley Hernandez at ashley.hernandez@eamc.org or 334-887-5666 ext. 250 for more information.

Please review our schedule and find the class that works best for you and your child. Bring a completed information form and payment for registration. Returning swimmers do NOT need to complete a new information form.

Fall Schedule

Start Date	Days	Time	Class
Sept 7	T	6:45pm	Water Babies
Sept 9	Th	11:45am	Water Babies
Aug 30	MW	3:00pm	Angelfish
Aug 30	MW	3:00pm	Dolphins
Aug 30	MW	3:50pm	Dolphins
Aug 30	MW	3:50pm	Snappers
Aug 30	MW	6:40pm	Dolphins
Aug 30	MW	6:40pm	Snappers
Aug 31	TTh	3:00pm	Dolphins
Aug 31	TTh	3:00pm	Snappers
Aug 31	TTh	3:50pm	Angelfish
Aug 31	TTh	3:50pm	Dolphins
Oct 4	MW	3:00pm	Dolphins
Oct 4	MW	3:00pm	Snappers
Oct 4	MW	3:50pm	Dolphins
Oct 4	MW	3:50pm	Angelfish
Oct 4	MW	6:40pm	Dolphins
Oct 4	MW	6:40pm	Snappers
Oct 5	TTh	3:00pm	Dolphins
Oct 5	TTh	3:00pm	Angelfish
Oct 5	TTh	3:50pm	Snappers
Oct 5	TTh	3:50pm	Dolphins
Nov 1	MW	3:00pm	Angelfish
Nov 1	MW	3:50pm	Dolphins
Nov 1	MW	6:40pm	Dolphins
Nov 2	TTh	3:00pm	Dolphins
Nov 2	TTh	3:50pm	Snappers

Also Offered

Homeschool Swim for Fitness

This is a chance for kids to learn a lifetime fitness activity. Our hour-long workout will improve endurance; perfect technique and help children learn advanced swimming skills. Children must have completed Snappers Level 3 or be at least 8 years old to participate. A package of 12 sessions costs \$55 for HealthPlus members and \$70 for non-members. Family discounts are available. We meet every Tuesday & Friday at 2:00pm. Join us at any time & fit your 12 sessions in at your convenience.

Private Lessons

Individual instruction to fit your needs and skill level. Lessons are scheduled at your convenience, pool schedule permitting and are available for swimmers ages 3 to adult. Each 30-minute lesson costs \$15 for members and \$20 for non-members.

Swim Lesson Registration Form

HealthPlus Fitness Center

CHILD'S NAME _____

BIRTHDATE _____

PARENTS' NAMES _____

PHONE (w) _____ **(c)** _____

PHONE (w) _____ **(c)** _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

PHONE _____

EMAIL _____

ARE YOU A HEALTHPLUS MEMBER? _____

DOES YOUR CHILD HAVE ANY SPECIAL NEEDS? _____

CLASS CHOICES: _____

I, _____, hereby certify that I am the parent/guardian of the above named child. To the best of my knowledge the information on this form is correct. My child has permission to participate in all Swim Lesson activities except those noted above. I certify that my child has no medical condition affecting or limiting in any way his or her ability to safely participate.

I assume all responsibility and risk of injury, loss or damage to person or property, by whatever cause (including any act or omission, negligent or other), sustained by the child, arising out of or relating to his or her presence at the Center or participation in the Swim Lesson program.

I hereby release East Alabama Medical Center, HealthPlus Fitness Center, any parent or affiliated entity, their employees, agents, successors, and representatives from any and all liability for loss, damage or injury to person or property, by whatever cause (including any act or omission, negligent or otherwise), sustained by me or my child arising out of or relating to his or her presence at the Center or participation in the Swim Lesson program.

I further agree to indemnify and hold harmless East Alabama Medical Center, HealthPlus, any parent or affiliated entity, their employees, agents, successors, and representatives from and against any and all claims for loss, damage, or injury to person or property by whatever cause (including any act or omission, negligent or otherwise) sustained by my child or any other person, arising out of or relating to his or her presence at the Center or participation in the Swim Lesson program.

HealthPlus Fitness Center may produce/reproduce any photographs, slides/videos taken of us/our child/children for publicity purposes. Signature and fee payment required before registration can be processed.

Parent/Guardian Signature _____ Date _____