

Swim Lessons Information Packet 2009

Group Pricing:

\$60 Beginner Session (max. 4 children) - 6 sessions

\$90 Intermediate Session (max. 4 children) – 6 sessions

\$120.00 Advanced Session (max. 4 children) – 6 sessions

Private Pricing:

\$145.00 - (6 sessions)

Beginner and Intermediate Lesson Length

Lessons are 30-40 minutes maximum in length. This time may vary based on class level, physical needs, capabilities, and attention span of the swimmers. Children need to be in their suits, showered, have used the bathroom, and ready to begin the lesson at the starting time.

Important Information for Beginner and Intermediate Classes

- Lessons are for members and children of members only. At least one parent must be a member at the POiNT during the duration of the lesson period for a child to be eligible for lessons.
- Applications are processed in the order received for each cycle. We make every attempt to avoid waiting lists.
- Maximum sessions for Beginner 1 and Beginner 2 are 2 sessions. Beginner 1 can move up to Beginner 2 and Beginner 2 can move up to Intermediate if they qualify or get on the waiting list if needed. After finishing the Beginner 1 or Beginner 2 sessions, but not ready for the next level, the child will have to get on the Beginner 1 or Beginner 2 waiting list if needed.
- ***Parent/Guardian must be present or reachable on DHL grounds for the entire lesson.** It is important for the safety of the children for the parent/guardian to be available to take their child to the restroom or attend to them if they have a need so the instructor can continue to monitor and assist the other children.
- Children must be potty trained.
- Group Lessons are for students between the ages of 6 – 12.
- As a courtesy to other members, after class times and scheduled private lessons, please be considerate by clearing out the lanes used for swim lessons and pool deck area when the class ends.

Rules & Regulations

- A parent accompanying the student needs to be an authorized ID card holder and POiNT Fitness Center member. Membership is \$39/month and is month to month. No long-term obligations. Non-members will have to pay \$7 day passes each time they enter the facility.
- **Parents and youth are asked to abide by the rules of the Point while they are in the facility.**
- **Children are asked to shower before entering the pool.**
- **Children under the age of 11 are not allowed in any of the hot tubs/ spas in the facility.**
- Additional parents or guardians are encouraged to watch classes when their schedule permits, but must be a POiNT member or pay day pass fees to enter the facility.

Instructor

- **Clifford Alexander** is CPR, First Aid, AED, and Water Safety Instructor certified by the American Red Cross. Eight years experience in water rescue accumulated during four years in the US Navy and four years at commercial swimming facilities.

Program Description & Swimmer Ability

All lessons may include discussion time with students, instruction out of the water, and instruction in the water. Swimmers will be given individual critique of how to better their strokes for proper form and speed.

Beginner

At the time of your application, swimmers should **already** be able to:

- Be comfortable in the water to hold onto the wall by themselves
- Put their face under water for several seconds
- Move forward in the water using arms and/or legs
- Swim to an adult 5 – 10 yards away
- Float on their back

Intermediate

At the time of your application, swimmers should **already** be able to **also**:

- Use both arms and legs to swim across the entire length of the pool unassisted by an adult (may need to stop on the lane line once in a lap)
- Be able to swim freestyle and backstroke for an entire lap
- May be able to swim a few strokes of breaststroke and butterfly
- Be comfortable diving off the side of the pool in a sitting or standing position

Advanced – Not offered this Session -

At the time of your application, swimmers should **already** be able to **also**:

- Breathe to the side and not in the front
- Be able to swim 2 or more laps without stopping
- Swim all four strokes for an entire lap: freestyle, backstroke, breaststroke, butterfly
- Dive off the side of the pool from a standing position

Cancellation Policy:

Participants must complete the application by the session registration deadline. After being accepted in a class, the participants may withdraw and receive a full refund up until the day before they enter the water. 60% refunds are rewarded for withdraws up to the second lesson. If a swimmer withdraws after 2 lessons, no refund will be offered. Children may be added to the swim lesson rosters up until the day before the first lesson, if space is available. We make every attempt to avoid waiting lists by processing applications quickly. Please be sure to fill out a **cancellation voucher** for swim lessons at the POiNT front desk to discontinue your swim lessons dues and avoid any unnecessary billing charges on your credit card account.

Enrollment Process:

Beginners/Intermediates:

1. Turn completed application in to the front desk
2. Attend the **General Ability Assessment Session** and Finalize your Class Assignment
(Do not wait for a phone call – you will find out about class assignments at the General Ability Assessment Session)
3. **Classes Begin**

Member Credit Cards are charged as part of the normal POiNT membership billing cycle. Regular finance charges will apply for problems with credit cards.

Clifford Alexander
Swim Instructor
POiNT Health Club ext) 6240, 6227

Kim, Kyu Cheul
Office Manager
POiNT Health Club ext) 6227

FOR OFFICE USE ONLY	
RECEIVED BY _____	DATE _____
MEMBERSHIP APPROVED _____	
ASSESSED _____	
PL B(MW) B(TT) I(MW) I(TT)	

Swim Lessons Application

PLEASE COMPLETE THIS FORM THOROUGHLY - ONE CHILD PER APPLICATION

BILLING INFO

DATE: _____

MEMBER NAME (LAST, FIRST, MI): _____

MEMBER NUMBER: _____
 (Non-members or Parent Guests are subject to daily pass fees)

ADDRESS: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ EMAIL: _____

***Please circle the best way to contact you, via home, cell, or work phone, or email.**

NAME OF PARTICIPANT (LAST, FIRST, MI): _____

AGE OF PARTICIPANT: _____

CLASS SELECTION

PLEASE CHECK THE LEVEL YOU OR YOUR CHILD IS CURRENTLY SWIMMING AT

- Beginner
- Intermediate

INFORMATION

PLEASE LIST ANY MEDICAL INFORMATION OR FEARS THE INSTRUCTOR SHOULD BE AWARE OF FOR THE SAFETY OF THE PARTICIPANT: _____

WHAT WOULD YOU LIKE TO SEE, LEARN OR IMPROVE ON DURING THIS SESSION?

SPECIAL SCHEDULING REQUESTS:

(example: registering multiple children, preference to keep their schedules similar, etc.)

Waiver, Release, and Assumption of Risk Form

This form is an important legal document. It explains the risks you are assuming by having your child be enrolled in the group swim lessons. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided at the bottom.

Waiver, Informed Consent, and Covenant Not to Sue

I, _____, have voluntarily given permission for my child/children to participate in as group swim program under the direction of the **Swim Instructor at the Point Fitness Center at the Dragon Hill Lodge**, which will include, but may not be limited to, resistance training, cardiovascular training, and technique building. In consideration of the **Swim Instructor's** agreement to instruct, assist, and train my child, I do here and forever release and discharge and hereby hold harmless the **Swim Instructor**, and his/her respective agents, heirs, assigns, contractors, and fellow employees from any and all claims, demands, rights of action, or causes of action, present or future, arising out of or connected with my child's participation in this or any exercise program including any injuries resulting there from. **THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF 1) EQUIPMENT THAT MAY MALFUNCTION OR BREAK; 2) ANY SLIP, FALL, DROPPING OF EQUIPMENT; AND 3) OUR NEGLIGENT INSTRUCTION OR SUPERVISION.**

Assumption of Risk

I, _____, recognize that exercise might be difficult and strenuous for my child and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and, in rare instances, death. The Point Fitness Center does not always have a lifeguard on duty and signs are posted to swim at your own risk. In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which my child/children will participate during swim lessons.

Commitment statement

I acknowledge and agree that no warranties or representations have been made to me regarding the results my child will achieve from this program. I understand that results are individual and may vary. I do realize that a portion of my child's success will be based on my and his/her commitment to follow instructions as well as having a positive attitude towards the progress of the swimmer during the lessons.

Late, Absent or Cancellation Policy

I, _____, have read and agree to the Group Swim Lessons Cancellation Policy. I understand that payment will be added to my monthly membership billing cycle. I must fill out a cancellation voucher at the POiNT front desk to discontinue swim lesson dues and avoid any unnecessary charges on my credit card account. I realize that responsibilities such as checking into the gym, securing a locker, using the locker room, restroom or other facilities need to be completed prior to my child's session. In order to ensure that every swim lesson starts on time and with the necessary attention it deserves, my promptness to the lesson appointment time contributes to the success of the entire program

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST ANY SWIM INSTRUCTOR OF THE POINT AT THE DRAGON HILL LODGE FOR HIS/HER NEGLIGENCE OR THAT OF HIS/HER FELLOW EMPLOYEES, AGENTS, OR CONTRACTORS.

Participant's/Parent or Guardian's Signature

Date

Please print name