



Middleburg Heights Community Center
Fall 2010
Learn to Swim



Member & Resident Registration Opens: Tuesday, August 17, 2010
Non-Member Registration Opens: Tuesday, August 31, 2010

Welcome to the Middleburg Heights Community Center Learn to Swim Classes. Before classes begin, there are a few policies that require your cooperation and understanding.

- **Registration Information:** Registration will remain open for all programs until the class is full or until 2 days prior to the first day of class. Please note that there are enrollment limits on all classes. Please register early to avoid disappointment of being shut out.
- **Entry to class policy:** Upon entry to the building for each lesson, you and your child will check in at the front desk. Members will enter their membership number; non-member students will be issued a wristband. *The wristband permits the student to attend the lesson only.* Non-member parents will be issued a view stamp. This hand stamp will allow you admittance into the casual activities area and locker rooms only.
- **Parents of children under 8 must remain in the building during class time.**
- **New students:** On the first day (or night) of class, there will be a brief parent orientation to the program for parents of new students. Please bring your child to the pool bleachers.
- **Missing a scheduled class policy:** Our classes are taught by certified American Red Cross Water Safety Instructors. All classes have specific teacher/student ratios that will insure the best learning environment for your children. Due to safety concerns, make up lessons are not available. Please check the dates of your classes carefully before signing up, and make every effort to be on time for each class.
- **Evaluation Information:** Children will receive an evaluation form on the last day of class. They will be tested on the last few days of a session to complete the form. If you know that you will be missing a class, please let the instructor know so that testing can be completed before or after the missed day. It is common and expected that most swimmers repeat each level more than once.
- **Where parents wait:** To create the best learning environment for your child, parents and spectators will not be permitted on the pool deck during lessons (except lessons where the parent will be in the water with the child).
- **Locker Room Policies:** Please dress your child in the locker room, not in the pool area, and have them carry their towel with them to class. Walk with your child to the pool deck, where an instructor will be waiting to check your child in. If you will be helping your child in the locker room after class, leave the casual activities room a few minutes before the end of class to meet your child near the locker room doors. To assist a child of the opposite gender, please use the family changing rooms. There is a 5 minute time limit on the use of family changing rooms.
- **Goggle policy:** We do not recommend the use of goggles prior to Level 3. Beginning in L3, sport / competitive style goggles only (no masks). These are sold at sporting good stores or our front desk for your convenience.
- **Swim Diapers:** Are required for all swimmers who are not toilet trained. For your convenience we sell them at the front desk for \$2.00.
- **Refund Policy:** If approved by the Aquatics Director...before the first class: a refund or credit for a future class (each with a \$15.00 processing fee deducted)...once first class is over, NO refund or credit without a signed medical excuse.

If you have any questions throughout the session, please see the instructor on deck.
Thank you!

**Middleburg Heights Community Center Learn to Swim
Fall 2010**

Member and Resident Registration: Tues. August 17, 2010

Non-Member Registration: Tues. August 31, 2010



Toddler with Parent (18 months - 3 years)

Emphasis on water adjustment, trust, fun, and swimming readiness. This class will introduce skills while having fun.

Activity #	Day	Date	Time	lessons per session	Member	Resident	Non-
					Fee	Non-Member	Resident
2010.321	Tuesday	9/28-11/16	6:45-7:15 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2010.322	Wednesday	9/29-11/17	4:45-5:15 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2010.323	Saturday	10/2-11/20	10:00-10:30AM	8	\$ 32.00	\$ 42.00	\$ 52.00

Preschool with Parent (3 -5 years)

Introduction to all swimming skills: stroking, kicking, and breathing coordination. Will work on transition to Preschool Alone when the child is ready.

Activity #	Day	Date	Time	lessons per session	Member	Resident	Non-
					Fee	Non-Member	Resident
2030.321	Tuesday	9/28-11/16	7:15-7:45 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2030.322	Wednesday	9/29-11/17	7:30-8:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2030.323	Saturday	10/2-11/20	10:00-10:30AM	8	\$ 32.00	\$ 42.00	\$ 52.00

Preschool Alone (3 1/2 - 5 1/2 years) with instructor approval

With instructor approval, swimmers will be introduced to Level 1 & 2 skills as they are ready, progressing to more advanced skills. Child should be comfortable coming to class without a parent and be ready to put their face in the water on the first day. Children remain in the PSA program until they are 6 yrs. or completed Kindergarten.

Activity #	Day	Date	Time	lessons per session	Member	Resident	Non-
					Fee	Non-Member	Resident
2040.321	Monday	9/27-11/15	6:00-6:30 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.322	Monday	9/27-11/15	6:30-7:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.323	Tuesday	9/28-11/16	6:00-6:30 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.324	Tuesday	9/28-11/16	6:30-7:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.325	Wednesday	9/29-11/17	6:00-6:30 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.326	Thursday	9/30-11/18	6:00-6:30 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.327	Saturday	10/2-11/20	9:30-10:00 AM	8	\$ 32.00	\$ 42.00	\$ 52.00
2040.328	Saturday	10/2-11/20	10:00-10:30 AM	8	\$ 32.00	\$ 42.00	\$ 52.00

Level 1 & 2 (Age 6 & over)

New students will be tested and placed in the proper skill group. Level 1 consists of beginner skills including bobs, front & back floats, and independent swimming. Level 2 students will be introduced beginner stroke with rhythmic Breathing, sculling and kick on back, underwater swimming, treading water, and swimming with change of direction.

Activity #	Day	Date	Time	lessons per session	Member	Resident	Non-
					Fee	Non-Member	Resident
2000.321	Monday	9/27-11/15	5:15-6:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.322	Tuesday	9/28-11/16	5:15-6:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.323	Wednesday	9/29-11/17	5:15-6:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.324	Wednesday	9/29-11/17	6:45-7:30 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.325	Thursday	9/30-11/18	5:15-6:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.326	Thursday	9/30-11/18	6:45-7:30 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.327	Saturday	10/2-11/20	10:30-11:15AM	8	\$ 32.00	\$ 42.00	\$ 52.00
2000.328	Saturday	10/2-11/20	11:15-12:00PM	8	\$ 32.00	\$ 42.00	\$ 52.00

Level 3

Front crawl & Back crawl 15 yds., Elementary backstroke kick, Butterfly kick, winging, survival float, and combined exit skills.

Activity #	Day	Date	Time	lessons per session	Member Fee	Resident Non-Member	Non-Resident
2003.321	Tuesday	9/28-11/16	5:15-6:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.322	Wednesday	9/29-11/17	5:15-6:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.323	Thursday	9/30-11/18	6:00-6:45 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2003.324	Saturday	10/2-11/20	10:30-11:15 AM	8	\$ 32.00	\$ 42.00	\$ 52.00

Level 4

Front crawl & Back crawl 25 yds., Elementary backstroke, Butterfly, Breaststroke kick, scissors kick, and one minute tread. Two combined exit skills are necessary to pass.

Activity #	Day	Date	Time	lessons per session	Member Fee	Resident Non-Member	Non-Resident
2004.321	Monday	9/27-11/15	5:15-6:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2004.322	Tuesday	9/28-11/16	6:00-6:45 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2004.323	Saturday	10/2-11/20	11:15-12:00 PM	8	\$ 32.00	\$ 42.00	\$ 52.00

Level 5

Level 5 students will complete perfection of all strokes and includes successful passing of two combined exit skills.

Activity #	Day	Date	Time	lessons per session	Member Fee	Resident Non-Member	Non-Resident
2005.321	Monday	9/27-11/15	4:30-5:15 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2005.322	Thursday	9/30-11/18	7:30-8:15 PM	8	\$ 32.00	\$ 42.00	\$ 52.00

Level 6

Level 6 students will increase endurance on all skills in addition to new components including Fitness swimming, Lifeguard readiness, and Personal Water Safety. Level 6 is now designed as a lifetime participation activity and students are encouraged to repeat Level 6 often to stay up on all aquatic skills.

Activity #	Day	Date	Time	lessons per session	Member Fee	Resident Non-Member	Non-Resident
2006.321	Monday	9/27-11/15	4:30-5:15 PM	8	\$ 32.00	\$ 42.00	\$ 52.00
2006.322	Thursday	9/30-11/18	7:30-8:15 PM	8	\$ 32.00	\$ 42.00	\$ 52.00

Please Note: Registration will remain open for all Learn to swim programs until the class is full or until 2 days prior to the first day of class. Registering within 2 days of the first day of class will only be permitted by the Aquatics Director. Please note that there are enrollment limits on all classes. Please register early to avoid the disappointment of being shutout.

If you are currently enrolled in our program, please enroll in the level that you are currently in. If you advance, please call the Aquatics Director about making arrangements to move up to the next level.

For further information about the Aquatics Programs, please call (440) 234-2255, ext. 1431.