



RED CROSS LEARN-TO-SWIM LESSONS FOR STUDENTS 3 THRU 14 YEARS OF AGE

YOUR CHILD CAN "MAKE A SPLASH" IN SPRING 2023!

★SPRING SESSION FEES \$35 PER CHILD PER SESSION. HOWEVER, THE MORE SESSIONS IN WHICH YOU ENROLL, THE MORE YOU WILL SAVE.★

NEW 1 DAY A WEEK CLASSES BEGIN APRIL 17TH, 18TH, 19TH & 20TH (SEE BELOW)

IT'S DIFFERENT! We have previously scheduled classes meeting 2 days a week for 3 weeks, but because it seems that children are having so many conflicts many affecting only one of the days for the classes meeting twice a week, we have scheduled our spring sessions with classes meeting only 1 day a week for 6 weeks. The same number of classes as before but only 1 day a week.

SPRING SESSIONS & DATES

FALL SESSIONS	DAYS	DATES	NOTES
SPRING 1	MONDAY	APRIL 17 – MAY 22	
SPRING 2	TUESDAY	APRIL 18 – MAY 23	
SPRING 3	WEDNESDAY	APRIL 19 – MAY 24	
SPRING 4	THURSDAY	APRIL 20 – MAY 25	

**SUMMER PRE-ENROLLMENT & PAYMENT WILL BEGIN ON MAY 1.
EARLY BIRD PRICING WILL BE ANNOUNCED. WATCH YOUR EMAIL.**

CLASS DAYS & TIMES: EACH SESSION CONSISTS OF 6 40-MINUTE CLASSES (A: 5:00-5:40 & B: 5:45-6:25) WHICH MEET ON 1 DAY A WEEK FOR 6 WEEKS. THE SPECIFIC CLASS TIME WILL DEPEND ON THE AGE AND ABILITY OF THE STUDENT.

PROJECTED CLASS DAYS & TIMES

Levels	Mon	Tue	Wed	Thu
LTS L1 & L2	5:00-5:40	5:00-5:40	5:00-5:40	5:00-5:40
LTS L3	5:45-6:25	5:45-6:25	5:45-6:25	5:45-6:25
LTS L4 – L6	5:00-5:40	5:00-5:40	5:00-5:40	5:00-5:40
PA	5:45-6:25	5:45-6:25	5:45-6:25	5:45-6:25
ISI*	6:30-7:00	6:30-7:00	6:30-7:00	6:30-7:00

In-water caregivers are still being *recommended* for preschoolers and LTS Levels 1 & 2.

***Individual Swim Instruction (ISI) lessons are scheduled for individuals who might greatly benefit from one-on-one instruction. During the spring sessions, 24 slots will be available. The fee for each half-hour lesson is \$20. There is a special rate of \$100 for 6 lessons. (The total payment must be made at one time.) These lessons follow the guidelines provided in *GENERAL PROGRAM & REGISTRATION INFORMATION, REFUNDS, CREDITS & MAKE-UPS* should the child be unable to attend or the lesson cancelled.**

REGISTRATION FEES "THE MORE SESSIONS; THE MORE SAVINGS" (Total payment must be made at one time.)

Sessions Enrolled	Cost per Session	You pay	Total savings
1	\$35.00	\$35	\$35.00-\$35.00= \$0.00
2	\$32.50	\$65	\$70.00-\$65.00= \$5.00
3	\$30.00	\$90	\$105.00-\$90.00= \$15.00
4	\$27.50	\$110	\$140.00-\$110.00= \$30.00
5.			

PRE-ENROLLMENT Information

1. Pre-enrollment will begin February 1st – February 18th. You will be able to pre-enroll in the sessions in which you are interested and plan to attend. We will try to schedule classes based on the information that is provided by the families that do reply.
2. We do look at this as a firm commitment for which you will later complete payment once that option becomes available on March 1st. If your child may have other conflicting commitments, please do not pre-enroll until you are sure that there will be no conflicts.
3. While there is no "Early Bird Discount" for spring classes, early pre-enrollment & payment will offer you a better opportunity to select and enroll in the sessions in which you are interested.
4. Levels without sufficient enrollment may be combined or cancelled. Those who have pre-enrolled will be notified before a payment is required.

PAYMENT may be made by credit card beginning March 1st. (See details below.) Please do not call before then.

- All payments will be made over the phone by credit card to the bookroom at the high school at (330-841-2316 x 2167). NO IN-PERSON PAYMENTS WILL BE ACCEPTED.
- ★ If your pre-enrollment has been confirmed, you only need to call the bookroom on or after March 1st to make a payment. Your pre-enrolled spots will only be held until March 15 without a payment.
- ★ If you have not pre-enrolled or it was not confirmed, you will first need to contact Jay (330.883.0821) BEFORE calling the bookroom to pay to assure that openings are available.

Determining the correct class and level for an individual

CLASS	INDIVIDUAL (UNLESS GIVEN PERMISSION) MUST
Individual is 5 years or younger,	enroll in a Preschool Aquatics class
Individual has not completed Kindergarten,	enroll in a Preschool Aquatics class
Individual is 6 years or older and has completed Kindergarten,	enroll in a Preschool Aquatics OR a Learn-to-Swim class
Individual is 6 – 14 years old,	enroll in a Learn-to-Swim Aquatic class

LEVEL	SWIMMING PREREQUISITES <i>Note that in addition to the time/distance prerequisites are skill standards which must be met.</i>
LTS LEVEL 1	No prerequisites
LTS LEVEL 2	5 bobs, hold breath underwater 5 sec, back float 5 sec, swim 2 body lengths on front (face in water), swim 2 body lengths on back, turn over front to back and back to front
LTS LEVEL 3 Child must be comfortable & safe in deep water and able to swim pool lengths.	10 bobs, hold breath underwater 10 sec, back float 15 sec, swim 5 body lengths on front (face in water and rhythmically breathing), swim 5 body lengths on back, turn over front to back and back to front, change direction swimming on back and front, tread water 15 sec, jump into chest-deep water
LTS LEVEL 4	Rotary breathing 15 times, front survival float 30 sec, back float 1 min, tread water 1 min, front crawl 15 yards, elementary backstroke 15 yards, breaststroke kick 15 yards, scissors kick 15 yards, dolphin kick on front 5 body lengths, sitting and kneeling dives
LTS LEVEL 5	Underwater swim 5 body lengths, survival swimming 1 minute, feet-first surface dive, front and back crawl open turns, tread water 2 minutes, front crawl and elementary backstroke 25 yards, breaststroke, butterfly, sidestroke and back crawl 15 yards each, compact and stride position dives
LTS LEVEL 6	Tuck and pike surface dives, front and backstroke flip turns, tread water 5 minutes, tread water 2 minutes legs only, front crawl and elementary backstroke 50 yards, breaststroke, butterfly, backcrawl and side stroke 25 yards each, standard back scull 30 sec, shallow angle dive
PRESCHOOL AQ 1	No prerequisites
PRESCHOOL AQ 2	Blow bubbles 3 sec, hold breath underwater 3 sec, back float 3 sec, swim 2 body lengths on front (face in water), swim 2 body lengths on back
PRESCHOOL AQ 3	5 bobs, back float 15 sec, roll from back to front and front to back, tread water 15 sec, jump into chest-deep water, swim 3 body lengths on front and back

Parent & Child Aquatics - Preschool Aquatics - Learn to Swim – Adult Swim Programs
The 4 programs listed above represent the most current programs offered by the Red Cross to teach people water safety and swimming.
American Red Cross Parent and Child Aquatics (2 levels) is designed for children between the ages of 6 months and approximately 3 years, and their parents. The purpose of the course is to familiarize children with the water and teach swimming readiness skills. In addition, Red Cross Parent and Child Aquatics provides safety information for parents and teaches parents techniques they can use to help orient their children to the water.
American Red Cross Preschool Aquatics (3 levels) is designed for children approximately 4 and 5 years of age. The purpose of the course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills
The objectives of the American Red Cross Learn-to-Swim courses (6 levels) are to teach children to be safe in, on and around the water and to swim well. Aquatic and personal water safety skills are taught in a logical progression through six levels. Participants in Level 1 are oriented to the aquatic environment and gain some basic skills in each category. As they progress through the levels, participants build on their basic skills to learn and refine various propulsive movements on the front, back and side. On successful completion of Level 3, participants have achieved basic water competency in a pool environment. By the end of Level 6, participants have the prerequisite skills and have developed the necessary skill and fitness levels for entrance into advanced courses, such as Water Safety Instructor and Lifeguarding, or other aquatic activities such as competitive swimming and diving

If you are unfamiliar with a stroke or skill, consider “Googling” it on the internet. There are many examples demonstrating them on YouTube.

PLEASE READ ALL THE FOLLOWING IMPORTANT INFORMATION CAREFULLY.

GENERAL PROGRAM & REGISTRATION INFORMATION

CLASS REGISTRATION:

- A SIGNED, AND COMPLETED SPRING REGISTRATION FORM FOR THE CURRENT SCHOOL YEAR (2022-23) IS REQUIRED FOR A STUDENT TO PARTICIPATE IN THE PROGRAM.
- THE REGISTRATION FEE IS A PER PARTICIPANT FEE FOR EACH SESSION TO BE PAID TO COMPLETE REGISTRATION. THE CHILD IS NOT ELIGIBLE TO PARTICIPATE UNTIL REGISTRATION FORM & PAYMENT HAVE BEEN RECEIVED.
- AMPLE REGISTRATION WILL BE NEEDED TO RUN ANY LEVEL. SOME LEVELS MAY BE COMBINED. REGISTERED PARTICIPANTS WILL BE NOTIFIED OF CANCELED OR RESCHEDULED CLASSES. SCHEDULE MAY BE SUBJECT TO CHANGE.
- PRESCHOOL (PA) LESSONS ARE FOR CHILDREN 3 - 6 YEARS OF AGE. A CAREGIVER IN THE WATER WITH EACH CHILD IS RECOMMENDED. LTS LEVELS 1-6 REQUIRE THE PARTICIPANT TO BE AT LEAST 6 YEARS OF AGE AND COMPLETED KINDERGARTEN. (EXCEPTIONS ONLY BY APPROVAL PRIOR TO REGISTRATION.) A CAREGIVER IN THE WATER WITH EACH CHILD IS RECOMMENDED FOR STUDENTS IN LEVELS 1 & 2. INSTRUCTORS MAY MAKE RECOMMENDATIONS RE IN-WATER CAREGIVERS AFTER FIRST CLASS.
- WE REQUEST THAT PARTICIPANTS BE REGISTERED AND PAID PRIOR TO THE FIRST DAY OF EACH SESSION. SPACE IS LIMITED. BY DISCRETION OF THE PROGRAM COORDINATOR, LATE APPLICANTS MAY BE ACCEPTED ONLY IF ROOM IS AVAILABLE. THE PROGRAM COORDINATOR AND INSTRUCTORS RESERVE THE RIGHT TO REASSIGN ANY PARTICIPANT REGISTERED FOR AN INCORRECT LEVEL BASED UPON THE PARTICIPANT'S PERFORMANCE IN THE WATER. IF THE LEVEL IS CLOSED, THE PARTICIPANT WILL RECEIVE A CREDIT FOR A LATER SESSION. PLEASE CHECK THE PREREQUISITES TO BE SURE PARTICIPANTS ARE REGISTERED FOR THE CORRECT LEVEL. NOTE THAT THE PRESCHOOL (PA) AND LEARN TO SWIM (LTS) LEVELS ARE NOT EQUIVALENT. (IE PA LEVEL 1 ≠ LTS LEVEL 1, PA LEVEL 2 ≠ LTS LEVEL 2, PA LEVEL 3 ≠ LTS LEVEL 3.)
- WHILE A REMINDER MAY BE SENT, PARENTS NEED TO BE KNOWLEDGEABLE OF THE SESSION DATES FOR WHICH THEIR CHILD IS REGISTERED KNOWING WHEN EACH SESSION BEGINS AND ENDS.

REFUNDS, CREDITS & MAKE-UPS:

- ANY REFUNDS, IF REQUIRED DUE TO CANCELLATION BY WARREN CITY SCHOOLS, WILL BE ISSUED AS A CREDIT. NO INDIVIDUAL MAKEUPS WILL BE SCHEDULED. REGISTRATION FEES CANNOT BE "PRORATED" TO ACCOMMODATE MISSED CLASSES DUE TO ILLNESS, VACATIONS, ETC. PARTICIPANTS REGISTERED FOR AN INCORRECT LEVEL WHO CANNOT BE ACCOMMODATED WILL RECEIVE A CREDIT.
- MAKEUPS FOR ANY CLASSES WHICH ARE CANCELED DUE TO THE SCHOOL CLOSING OR FOR THE POOL'S UNAVAILABILITY MAY NOT BE SCHEDULED.

ARRIVAL:

- ALL CLASSES WILL BE HELD AT THE WARREN G. HARDING NATATORIUM, 860 ELM ROAD NE, WARREN OH 44483. ENTER THROUGH THE DESIGNATED DOOR & FOLLOW THE SIGNAGE TO THE POOL.
- PLAN TO ARRIVE 5-10 MINUTES BEFORE THE CLASS IS SCHEDULED TO START. NOTE: ENTERING THE BUILDING MAY NOT BE POSSIBLE IF YOU ARRIVE AFTER THE CLASS HAS STARTED.
- LOCKER ROOMS WILL BE AVAILABLE FOR CHANGING AND TOILETING, IF NEEDED. IT IS RECOMMENDED TO WEAR A SWIMSUIT TO CLASS.

READY FOR LESSONS:

- PARTICIPANTS MUST REMAIN WITH THEIR "FAMILY GROUP" UNTIL CALLED FOR LESSONS.
- A SNUG-FITTING T-SHIRT OR RASH-GUARD SHIRT MAY BE WORN IF THE PARTICIPANT IS COLD IN THE WATER.
- PARTICIPANTS SHOULD NOT WEAR "WATER-SHOES" DURING LESSONS AS A CORRECT KICK WILL BE DIFFICULT TO ACCOMPLISH.
- GOGGLES (COVERING ONLY THE EYES) MAY BE WORN DURING LESSONS, BUT NO FACE-MASKS (COVERING NOSE AND EYES) ARE PERMITTED.

SOME GENERAL POOL RULES FOR PARTICIPANTS & FAMILY MEMBERS:

- REMAIN AWAY FROM THE WATER (POOL) UNTIL INSTRUCTED TO ENTER.
- DO NOT RUN. DO NOT WALK OR STAND ON THE METAL BENCHES OR BLEACHERS. DO NOT HANG ON THE HANDRAILS BY THE GLASS DOORS, IN THE STANDS OR BY THE LOCKER ROOMS. NO OBJECTS IN MOUTH SUCH AS CANDY, GUM, ETC. WHEN ENTERING THE POOL.

NOTE: PARENTS ARE RESPONSIBLE TO SUPERVISE THEIR CHILDREN UNLESS CHILD IS WITH AN INSTRUCTOR IN CLASS.

- **PLEASE COMPLETE, SIGN AND BRING THIS FORM TO THE FIRST CLASS ALONG UNLESS ALREADY SUBMITTED ELECTRONICALLY.**

Confirmation # <div style="border: 1px solid black; height: 30px; width: 100%;"></div>	Registration Form for Warren City Schools Red Cross Learn-To-Swim Program Spring 2022-2023					Participant is () Returning () New
PLEASE COMPLETE ONE FORM FOR EACH INDIVIDUAL ENROLLED ★PLEASE PRINT ALL INFORMATION CLEARLY .★						
STUDENT NAME					/ /	
	LAST NAME	FIRST NAME	BIRTHDATE	AGE	SEX	GRADE 22-23 SCHYR
ADDRESS						
	HOUSE NUMBER & STREET		CITY	ST	ZIP	SCHOOL NAME-FALL 2022
PARENT' NAMES						
	FIRST NAME	LAST NAME	PRIMARY (CELL) PHONE		ALTERNATE PHONE	
EMAIL				EMAIL NAME (RELATION)		
EMERGENCY CONTACT						
	FIRST NAME	LAST NAME	RELATIONSHIP		PHONE	

MEDICAL & SPECIAL NEEDS INFORMATION: DOES THE PARTICIPANT HAVE ANY MEDICAL OR LEARNING CONDITIONS OF WHICH THE INSTRUCTORS SHOULD BE AWARE? (ADHD, AUTISM, ASTHMA, SEIZURES, ETC.) CHECK ONE: <input type="checkbox"/> NO <input type="checkbox"/> YES IF YES, PLEASE EXPLAIN:	
PARTICIPANTS INCLUDE: <input type="checkbox"/> CHILD ALONE <input type="checkbox"/> CHILD & CAREGIVER (RECOMMENDED FOR LTS LEVELS 1 & 2 & ALL PRESCHOOLERS)	
A PARENT OR LEGAL GUARDIAN'S SIGNATURE IS REQUIRED FOR ALL PARTICIPANTS LESS THAN 18 YEARS OF AGE. I CERTIFY THAT I HAVE READ ALL INFORMATION IN THIS REGISTRATION DOCUMENT AND OTHERS ATTACHED TO THE PRE-REGISTRATION EMAIL COMPLETELY. I CERTIFY THAT PARTICIPANT IS PHYSICALLY ABLE TO TAKE SWIMMING LESSONS AND I AGREE TO ABIDE BY THE RULES AND REGULATIONS OF THE FACILITY OF INSTRUCTION. I CERTIFY THAT PARTICIPANT FALLS WITHIN THE CORRECT AGE CATEGORY FOR THE PROGRAM THAT HE/SHE IS REGISTERED. I WILL NOT HOLD THE WARREN CITY SCHOOLS, AMERICAN RED CROSS OR THE AQUATIC PERSONNEL RESPONSIBLE FOR ACCIDENTS, INJURIES OR ILLNESSES THAT MIGHT OCCUR TO ME OR MY CHILD.	
SIGNATURE PARTICIPANT/ PARENT/GUARDIAN: _____	

1 - INDICATE YOUR SESSION(S) ("X")

SPRING GROUP PROGRAM 2023			
SESSION	CLASSES	DATES	"X"
1	MONDAY	APRIL 17 – MAY 22	()
2	TUESDAY	APRIL 18 – MAY 23	()
3	WEDNESDAY	APRIL 19 – MAY 24	()
4	THURSDAY	APRIL 20 – MAY 25	()

2 - INDICATE THE LEVEL ("X")

LEVELS	"X"	LEVELS	"X"
LTS LEVEL 1	()	LTS LEVEL 5-6	()
LTS LEVEL 2	()	PA LEVEL 1-2	()
LTS LEVEL 3	()	PA LEVEL 3	()
LTS LEVEL 4	()		

CLASS DAYS & TIMES				
Levels	Mon	Tue	Wed	Thu
LTS L1 & L2	5:00-5:40	5:00-5:40	5:00-5:40	5:00-5:40
LTS L3	5:45-6:25	5:45-6:25	5:45-6:25	5:45-6:25
LTS L4 – L6	5:00-5:40	5:00-5:40	5:00-5:40	5:00-5:40
PA	5:45-6:25	5:45-6:25	5:45-6:25	5:45-6:25
ISI*	6:30-7:00	6:30-7:00	6:30-7:00	6:30-7:00

*INDIVIDUAL SWIM INSTRUCTION ("X") <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <th>LEVELS</th> <th>"X"</th> <th>LEVELS</th> <th>"X"</th> </tr> <tr> <td>LTS LEVEL 1</td> <td>()</td> <td>LTS LEVEL 5-6</td> <td>()</td> </tr> <tr> <td>LTS LEVEL 2</td> <td>()</td> <td>PA LEVEL 1-2</td> <td>()</td> </tr> <tr> <td>LTS LEVEL 3</td> <td>()</td> <td>PA LEVEL 3</td> <td>()</td> </tr> <tr> <td>LTS LEVEL 4</td> <td>()</td> <td></td> <td></td> </tr> </table>	LEVELS	"X"	LEVELS	"X"	LTS LEVEL 1	()	LTS LEVEL 5-6	()	LTS LEVEL 2	()	PA LEVEL 1-2	()	LTS LEVEL 3	()	PA LEVEL 3	()	LTS LEVEL 4	()			CIRCLE ISI LESSON DATES REQUESTED <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td>MON</td> <td>4-17</td> <td>4-24</td> <td>5-1</td> <td>5-8</td> <td>5-15</td> <td>5-22</td> </tr> <tr> <td>TUE</td> <td>4-18</td> <td>4-25</td> <td>5-2</td> <td>5-9</td> <td>5-16</td> <td>5-23</td> </tr> <tr> <td>WED</td> <td>4-19</td> <td>4-26</td> <td>5-3</td> <td>5-10</td> <td>5-17</td> <td>5-24</td> </tr> <tr> <td>THU</td> <td>4-20</td> <td>4-27</td> <td>5-4</td> <td>5-11</td> <td>5-18</td> <td>5-25</td> </tr> </table>	MON	4-17	4-24	5-1	5-8	5-15	5-22	TUE	4-18	4-25	5-2	5-9	5-16	5-23	WED	4-19	4-26	5-3	5-10	5-17	5-24	THU	4-20	4-27	5-4	5-11	5-18	5-25
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GROUP CLASSES ARE \$35 PER CHILD PER SESSION & ISI LESSONS \$20 PER HALF-HOUR LESSON. SOME DISCOUNTS ARE AVAILABLE. PRE-REGISTRATION IS REQUIRED BEFORE PAYMENT CAN BE MADE. CONTACT JAY AT 330-883-0821.