

HIGH POINT SWIM CLUB

Polar Bear Aquatics Fall 2008 ♦September 15th-November 8th ♦8 Weeks
(no class Mon. Oct. 13th)

High Point Swim Club (HPSC) offers a year-round PRE-SWIM TEAM PROGRAM CALLED POLAR BEAR AQUATIC for ages 3-11. Polar Bear Aquatics is designed to provide basic swimming skills in order to have fun in the pool but also give you confidence should you choose to join a swim team or just want to swim for fitness. Parents, children and teachers all must be brave in facing the challenges that come with learning to swim. We treat all children with respect, realizing that all children progress at a different rate.

"The World Health Organization has estimated that 500,000 persons drown each year and in many parts of this country, drowning is one of the leading causes of accidental death among school age children. In fact, drowning causes so many deaths that it is frequently classified as a disease. But this is one disease that has an almost 100% foolproof cure—SWIM LESSONS." –Swimming Hall of



Where does my child belong?

Get Wet- (must be 3 to start the session): Students work on basic skills in shallow water. Instructors will emphasize floating on their front and back, breathe control, a propulsive kick and proper body position in the water. This small class will be conducted in shallow water (2-3ft deep)

Level 1A- (ages 4-6) The focus is on the fundamentals of freestyle and backstroke. Instructors will emphasize a propulsive kick, rotary breathing and a balanced body position in the water.

Level 1B – (ages 6-9) The focus is on the fundamentals of freestyle and backstroke. Instructors will emphasize a propulsive kick, rotary breathing and a balanced body position in the water.

Level II- (ages 6-10) In continuation of level I, freestyle and backstroke are still a main focus, breaststroke and butterfly are introduced.

Level III (ages 6-10) Swimmers have passed level II and will focus on the coordination of breaststroke, butterfly, flip turns and endurance. This is the last level before swim team.

Please see reverse side for class schedule, fees and registration form. If you have any questions please contact us at swim4hpsc@hotmail.com or (336)-887-4772

Fall Session '08 Polar Bear Aquatics

September 15-November 8 (8 Weeks) / No Class Monday, October 13th
Classes Offered

CLASS/DAY(S)	TIME	COST	CLASS/DAY(S)	TIME	COST	CLASS/DAY(S)	TIME	COST
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Get Wet (*must be 3* to start the session)

Monday	4:30	\$57
	6:00	
Tuesday	5:30	\$65
Wednesday	11:00	\$65
	1:00	
	4:30	
Thursday	6:00	\$65
Saturday	10:00	\$65
	10:30	

Level 1A (ages 4-6 to start the session)

Monday	4:30	\$57
	5:00	\$65
	6:30	
Tuesday	5:30	\$65
Wednesday	11:00	\$65
	4:30	
Thursday	6:30	\$65
Saturday	11:00	\$65

Level 1B (ages 6-9 to start the session)

Monday	5:00	\$57
	5:30	
Tuesday	5:00	\$65
	4:30	
Wednesday	5:00	\$65
	6:30	
Thursday	5:30	\$65
Saturday	11:30	\$65

Level II

Monday	5:30	\$57
	6:00	
Tuesday	5:00	\$65
	6:00	
Wednesday	5:30	\$65
Thursday	5:00	\$65

Level III

Monday	6:30	\$57
Thursday	5:00	\$65
Saturday	9:30	\$65
	12:30	\$65

Private lesson arrangements are made through the office 336-887-4772. Thirty minute lessons are \$30.

The enclosed registration form reserves your place in a class. Payment in full must accompany your registration. High Point Swim Club reserves the right to cancel any class in which there is not sufficient enrollment.

Please Note: All classes are 30 minutes in length. On the last day of class, your child will receive a report card explaining the skills they have learned and those that need some more attention. Missed classes can be made up only if there is room in another class. Please email swim4hpsc@hotmail.com to reschedule a missed lesson.

All lessons take place at the "Igloo" • 1705 Whitehall Street • (336) 887-4772 or www.polarbearswim.org. Located near the intersection of Lexington and Westchester.

Please detach and mail payment and registration to HPSC, PO Box 5815, High Point, NC 27262.

Student's Name	Age	Class	Day	Time
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1. _____	_____	_____	_____	_____
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2. _____	_____	_____	_____	_____
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Parents Name _____ / _____ Phone _____ Email _____

Address _____ Town _____ Zip _____

If you took lessons with us before who was your instructor? _____

Referred By: _____

Release Statement: USA Swimming, Inc., North Carolina Swimming, Inc., High Point Swim Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Parent Signature: _____