

Class Offerings:

Parent 'n Tot Ages 8 mths - 2 yrs

Class provides information and techniques for parents to orient their children to the water. Children must be accompanied in the water by a parent or an adult. **Times Offered:** Sat 9:00 am
Mon 10:00 am
Thurs 10:00 am

Advanced Tot with Parent Ages 2 - 3 yrs

This is an introduction to supportive water aids - bubbles, swimmies, and kick boards. Children must be accompanied in the water by a parent or an adult.

Times Offered: Sat 9:00 am, 10:45 am
Wed 10:00 am, Thurs 10:00 am

Advanced Tot Ages 2 - 3 yrs

This water orientation program is for a first time lesson experience without Mom or Dad in the water. We will introduce supportive water aids. *Child must be able to independently float with swim aids.

Times Offered: Sat 9:00 am
Mon 10:00 am, 1:00 pm
Tues 2:00 pm
Wed 10, 10:30 am
Thurs 10:00 am

Preschool Ages 3 - 5 yrs

This class is for energetic 3 to 5 year olds who enjoy the water enough to perform a simple "dog paddle." More advanced levels of this class will begin to swim without a bubble.

Times Offered: Sat 9:30 am, 10:45 am
Mon 9:30 am, 10:30 am,
1:30 pm, 3:30 pm
Tues 1 pm, 1:30 pm, 3:30, 5:30 pm
Wed 9:30 am
Thurs 9:30 am, 10:30 am, 1 pm
1:30, 3:30, 5:30 pm

Red Cross Ages 6 yrs +

Beginner level crawl stroke, rotary breathing, and an introduction to other basic strokes.

Times Offered: Sat 10 am
Mon 4 pm, 4:45 pm, 5:30 pm
Tues 4 pm, 4:45 pm
Wed/Thurs 4 pm, 4:45 pm

Anxious Swimmer Ages 6 yrs +

This class is designed for those who need special attention to get comfortable in the water.

Times Offered: Sat 10 am
Thurs 4 pm

Pre-Team Prep Ages 7yrs+

Designed to focus on all 4 strokes but mostly breast and fly for those interested in Pre Team.

Times Offered: Tues 4, 4:45 pm

Swim Clubs:

Pre-Team I Ages 8 yrs+

This swim club is for children who can swim a minimum of 100 yards (4 lengths of the pool) of both crawl and backstroke and 25 yards of both breaststroke and butterfly. The program will concentrate on improving all four strokes as well as turns, and endurance.

Pre-Team I Mon & Thurs 3:45 - 4:30 pm

Pre-Team II Ages 10 yrs+

For the swimmer that knows all four strokes, but is not quite ready for competitive U.S. Swimming. Swimmers will work on some stroke drills but more focus will be given to competitive workouts.

Pre-Team II Mon & Thurs 3:45 - 4:30 pm

(Please note time change for Session #5 only)

Fees:

Lessons: Non-member \$57/session
Member \$43/session

Clubs:
Pre-Team I & II Non-Member \$69/session
Member \$55/session

Full payment is required at the time of registration. *There is a \$15.00 processing fee for any program cancellation or change in day/time or session dates made by the participant.*

There are no make-ups.

Session # 5 Dates:

Saturday, April 12 - Thursday, May 15
Please note there will be no classes the week of April 19 - 24 due to Mass. vacation.

Spring Swim Lesson Registration Form-2008

Parent's Name _____ Address _____

City _____ State _____ Zip _____ Mem. # _____ Phone(H) _____ Phone(W) _____

Notes: To receive member rate at least 1 parent and participating child must be a FULL or Summer Member. Basic Members pay the nonmember rate. We do not call to confirm class. We will only call if class is full.

Participant's Name	DOB	Age	Class	Session #	Day	Time	Fee
1. _____	_____	_____	_____	_____	_____	_____	\$ _____
2. _____	_____	_____	_____	_____	_____	_____	\$ _____
3. _____	_____	_____	_____	_____	_____	_____	\$ _____
						Total	\$ _____

Full payment is required at the time of registration. There is a \$15.00 processing fee for any program cancellation or change in time or session dates. There are no make-ups.

Signature: _____ Date: _____

OUR PHILOSOPHY

Our goal is to provide a safe and enjoyable water experience for all children. Our lessons are designed to develop your child in stages from water orientation through pre-competitive swim team. We use creative and innovative drills with equipment designed to build strength and endurance as well as making lessons fun, motivating and productive. The best way for children to become water safe is through an ongoing instructional program. Our program has been developed with a base from the American Red Cross and National Swim School Association guidelines.

Parental Tips and Information

1. Please speak positively to your child even on bad days. It is not always easy to be brave doing new things.
2. Parents of swimmers under 4 years should secretly wear a swimsuit under their clothes on the first day of class. You may have to join us if your child is having problems adjusting to swimming without you.
3. If you decide to continue on to the next session of swim lessons, please sign-up as soon as possible as the classes fill up quickly. Your spot is not guaranteed without payment.

Lesson Policies:

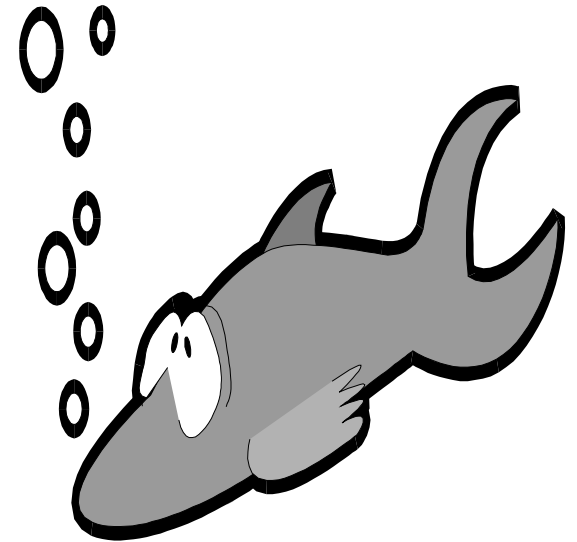
1. There are no make-ups for classes missed.
2. There are no refunds.
3. Because Cedardale is a private club facility we ask that all non-members leave the facility within 15 minutes of when their lessons ends. Use of the swimming facility is for juniors enrolled in lessons only. Any abuse of these policies will result in non-refundable class cancellation.
4. There is a \$15.00 processing fee for any program cancellation or change in day/ evening, time, or session dates.

Cedardale Health & Fitness
931 Boston Road
Haverhill, MA 01835

Cedardale Aquatic Center

Spring Swim Lessons 2008

-Open to the Public-



Cedardale Health & Fitness
931 Boston Road
Haverhill, MA 01835
(978) 373-1596
www.cedardale-health.net