

PARENTS SAY IT BEST!

"Instructor was great at interacting with kids, encouraging, and building their confidence. My son had a great time!"

-Mother of 8 year old

"My kids loved the swim classes and their swimming has improved drastically. Thanks!"

-Mother of 2, 4, & 7 year olds

"He was very patient and gave constant encouragement to his students. I've been very impressed each year with the instructors, keep up the good work!!"

-Father of 9 year old

"Loved it all. Staff was very friendly and helpful. Took good care of my kids. I really appreciate that. Will return next year. Thanks!"

-Mother of 3 & 8 year olds

"We had a very good experience, my daughter learned a lot. Thanks a lot!"

-Father of 6 year old

Thank You!

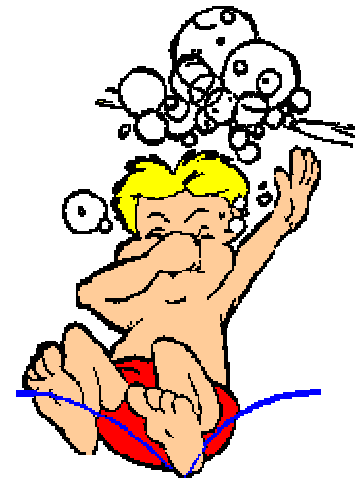
We appreciate your comments and suggestions. They are always welcome.



MIDWEST POOL MANAGEMENT
156 Weldon Parkway
Maryland Heights, MO 63043

MIDWEST
POOL
MANAGEMENT

SWIM CARE AQUATICS PROGRAM



Summer 2010

SWIM CARE AQUATICS PROGRAM

WELCOME– Swim Care lessons are based on skill levels and are divided into a variety of different groups to accommodate for all types of swimmers. While practice and persistence are key in all skills, the program is designed to let each participant's abilities determine their progress through the program. Below is all of the different levels that are offered with a brief description of the skills taught in each group.



SHRIMP– For children 6 months to 3 years of age. Intended to develop comfort in and around the water. Parent accompanies child in the pool.



SEAHORSE– For children at least 3 years of age. Teaches buoyancy, breath control, and introduces basic water skills.



STARFISH– Child learns unsupported floating, kicking, and beginning swimming skills. Front crawl and back crawl are introduced.



GUPPY– Children continue work on front crawl and back crawl, learn elementary backstroke, and begin diving.



FLIPPER– Child is introduced to sidestroke, deep water bobbing, breaststroke kick, and continues work on other strokes.



SEAL– Child becomes familiar with dolphin kick, treading water, breaststroke, and continues developing previously learned skills.



SAILFISH– Students are introduced to the butterfly, front and back crawl flip turns are taught, and endurance is increased.



BARRACUDA– Students refine and review all strokes and turns, build endurance, and learn Junior life-guarding skills.

Swim Lessons are available for youth and adults. All lessons are done outside of open swim hours. Please contact the Program Coordinator at our main office 314-432-1313 for exact times that are available at your facility.

Group Lessons– Tuesday - Friday 10:00a-10:30a for 2 weeks (8– 30 minute classes)

Class Cost - \$45 per session for Residents

There is a minimum of 4 participants needed for group classes to be held, with a maximum of 6 per instructor.

Session 1- June 15 - June 25

Session 2 - June 29 - July 9

Session 3 - July 13 - July 23

*Rain days will be made up on Saturdays

Private Lessons– Private lessons are also available for individual participants. Private lessons will be set up outside of open swim hours on an individual basis. Once registration is received you will be contacted by our program coordinator to set up exact dates and times with an appropriate instructor.

Three 30 Minute lessons- \$50.00

To register for lessons, please completely fill out the attached registration form and send into our office with payment. Checks should be made out to Midwest Pool Management. For other questions please contact our office. Registrations will begin May 10th and continue throughout the summer.

RAIN DAY CANCELLATION: If classes are cancelled by our staff due to weather, you will be notified and the class time will be rescheduled. If you need to cancel or change a lesson time please notify our office 24 hours before so we can make arrangements. If we are not informed and you do not show up for a lesson, you will be charged for that time.

REFUND POLICY: Refunds will be considered on an individual basis. Requests for refunds should be submitted to our office.

SWIM LESSON REGISTRATION FORM

Please fill out completely, detach and mail in with payment to address listed below. Note: Swimming can be a dangerous activity; completion of classes does not certify aquatic survival in all environments. I, the undersigned parent/guardian have full knowledge of such risks.

POOL _____ Session _____

Parent/ Guardian Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____

Participant's Name _____ Age _____ Level _____

Participant's Name _____ Age _____ Level _____

Participant's Name _____ Age _____ Level _____

*Please note your child may be moved from the level they are signed up for depending on their skills demonstrated in class.

If accommodations are needed to participate, please list:

Office Use: Amt Pd _____ Cash _____

Check # _____ CC Type _____

Credit card # _____ Exp. date _____

Staff Accepting Registration _____ Date _____

Private Lesson Dates, Times, and Instructor :

MIDWEST POOL MANAGEMENT

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 Phone: 314-432-1313
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