



GIRLS PREPARATORY SCHOOL Indoor Pool

How do I know if my child needs swim lessons?

Pre-School aged children (ages 3-4) need swim lessons to learn safety skills. The most important skill is to "roll over," which allows your child to learn to float on his back and get air. Other skills, like swimming to the wall in case of an accidental fall into the water, need to be learned as well.

School-age children need swim lessons to learn to swim on top of the water. Underwater swimming cannot save your life. Children tire quickly underwater, and trying to sustain underwater swimming may even cause a drowning! Learning a good freestyle stroke with proper air exchange will help your child build confidence in the water and may save his/her life.

How long will it take to learn-to-swim?

This depends on your child's age and level of fitness. It may take 20 or more lessons for preschoolers to learn the basic skills of floating, kicking, returning to the wall, and rolling over on their backs to breathe, float, and rest. Older children learn more quickly, and most can learn-to-swim two or more strokes in 20 or so lessons.

What are SwimAmerica swim lessons?

SwimAmerica offers pre-school through adult lessons. We teach with the most effective method known, using a progression developed by this nation's swim coaches. Our goal is to teach your child to swim quickly. Children move at their own pace from one skill station to the next. All coaches are certified by SwimAmerica, a national program of the *American Swimming Coaches Association*.

What makes SwimAmerica special?

Each child will have a wonderful experience! When class size is limited to four students, extra time and attention can be given to each one, with more time to practice skills, build confidence, and have fun! When children achieve their skills, a special ceremony provides immediate reinforcement for their efforts and encourages everyone.

Parents continue to praise the SwimAmerica program, which surpasses traditional learn-to-swim programs by offering:

- Group lessons, 4:1 ratio, eight ½ hour lessons.
- All levels taught each session for easy scheduling.
- Levels for three-year-olds through swim team.
- Adult and private lessons available.
- Parents do not get in the water, but are encouraged to watch and enjoy.

Register by Mail

SwimAmerica continues to provide great lessons for thousands of families. We guarantee a 4:1 ratio, safe and caring instruction, and all levels taught each half hour so you can schedule groups at the same time.

Fill out the attached form and mail, with your payment to:
Scenic City Aquatic Club
205 Island Ave.
Chattanooga, TN 37405

Questions? Call or e-mail SwimAmerica Director John Woods (634-7606 or flipper@gps.edu).

PROGRESSION SYSTEM

Levels of Swimming Ability

- Station 1 – non-swimmer
- Station 2 – ability to place head under water
- Station 3 – front float/back float
- Station 4 – front float & kick/back float & kick
- Station 5 – crawl arm stroke, no breathing
- Station 6 – crawl arm stroke, with breathing
- Stations 7 - 10 - by SwimAmerica staff evaluation

Fall 2010

Session I: Sept 7 – Sept 30
Tues & Thurs 5:30 – 6:00

Session II: Oct 5 – Oct 28
Tues & Thurs 5:30 – 6:00

Session III: Nov 2 – Nov 30 (no class Nov 25)
Tues & Thurs 5:30 – 6:00

Winter 2011

Session IV: Jan 4 – Jan 27
Tues & Thurs 5:30 – 6:00

Session V: Feb 1 – March 1 (no class Feb 10)
Tues & Thurs 5:30 – 6:00

Session VI: March 8 – March 31
Tues & Thurs 5:30 – 6:00

Cost: \$80 per session, 8 lessons
\$110 for private lessons
(Call 634-7606)

SWIMAMERICA FALL 2010 & WINTER 2011 REGISTRATION FORM

Swimmer 1 Name _____ Age _____ Session _____ Level _____ Parent Name _____

Swimmer 2 Name _____ Age _____ Session _____ Level _____ Parent Name _____

Street Address _____ City _____ State _____ Zip _____

E-Mail Address _____ Cell Phone _____ Home Phone _____

No refunds or makeups will be given. Please make checks payable to Scenic City Aquatic Club. Mail, with completed form to: Scenic City Aquatic Club, 205 Island Ave., Chattanooga, TN 37405. For more information, call or e-mail SwimAmerica Director John Woods (634-7606 or flipper@gps.edu). You will receive further notification only if the class you have selected is full.

I agree to hold blameless the Scenic City Aquatic Club, John W. Woods and Girls Preparatory School from any and all liability arising from use of the pool and facilities and release all claims arising from use of the pool and facilities.

Signed (by parent or guardian): _____ Date: _____