

AQUATIC SOLUTIONS GROUP LEARN TO SWIM LESSONS 2016

STATEMENT OF PURPOSE:

Every child is unique and will learn to swim at a different pace. We will strive to work with the kinesthetic, developmental, psychological and social differences of each child with positive and affirming instruction. The uniqueness of each child will have an impact on the results achieved. As instructors we reserve the right to make changes in class size and class placement in order facilitate individual success when in a group setting.

In the end it is our goal for every participant to develop correct technique and skills from the start that enable them to become proficient and safe swimmers based upon their abilities for their age and temperament.

We are grateful for your patronage and referrals through the years. Your trust in our "Learn to Swim" program is appreciated. We look forward to serving you in 2016!!

Aquatic Solutions 2016 Group Schedule

SEASON	DATES	DAYS	CLASS	TIME	AGE	FEE	LOCATION	INSTRUCTOR
	10/17 - 11/9	M/W	PS Level I/II	3:30 - 3:50 PM	2-4 years	115.00	LaQuinta	Jeanine
OCT	10/17 - 11/9	M/W	PS Level II/III	3:55 - 4:15 PM	2-4 years	115.00	LaQuinta	Jeanine
	10/17 - 11/9	M/W	Level I/IIA	4:20 - 5:00 PM	4-6 years	115.00	LaQuinta	Jeanine
	10/17 - 11/9	M/W	IIB/III	5:05 - 5:45 PM	6+ years	115.00	LaQuinta	Jeanine

*****WE ALSO ACCOMMODATE GROUPS BY APPOINTMENT IF YOU DO NOT SEE A CLASS OFFERING LISTED ABOVE***.**
 See "Groups By Appointment" after Class Descriptions.

CLASS DESCRIPTIONS: The guidelines below are to help with class selection for your child. We reserve the right to move participants up or down in skill level so that success is achieved. Class sizes will be based upon skill level and instructor's discretion.

Waterbabies - Prerequisites: No experience, parent(s) in the water. You and your baby/toddler will learn together and enjoy a fun and positive water experience. This class helps your child to develop a comfort level in and around the water for your child as well as a readiness to swim. "Play with a Purpose" is a combination of games and skills that involve blowing bubbles, front crawl arm stroke and kicking, back float with sculling and going underwater. Additional skills include pushing off, jumping in and underwater swimming. The main objective is water experience, skill acquisition and safety skills for the child and assisting parents in gaining confidence with handling their child in the water. Age level: 6 months to 4 years.

Adv. Waterbabies (Adv WB) - Prerequisites: Parent(s) in the water, bubble blowing, hold breath to count of five and go under water with no fear. If your child shows no fear and will go underwater willingly and come up smiling, this is the class for you and your child. Front and back crawl arm stroke, front and back floating with finning, pushing off, jumping in and underwater swimming are skills developed in this class. "Play with a Purpose", is a combination of games and skills, is integrated for a fun-packed 30 minutes. Age level: 18 months to 4 years.

Preschool Level I (BEG), II (INT), III (ADV) - Introduction to Water Skills. Prerequisites: Ages 2 - 4 who are trained, parent(s) ready to go in the water. Designed to help participants feel comfortable in the water, acquire basic swimming technique and to enjoy the water safely. Students will learn basic personal water safety information and skills. This class is great for those new to swimming or who may be fearful. Class limit = 2

Level II - IIA - Prerequisites: Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or “swim”.) Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position with or without support. Designed to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position, further develop simultaneous and alternating arm and leg actions on the front and back all strokes. Class limit = 4

Level IIA - IIB - Prerequisites: Jump in and go under, front float 5 seconds, roll to back, float for 5 seconds and then return to vertical position. Repeat from back to front. Swim using combined arm and leg action on front and back without support 3 to 5 body lengths. Designed to improve fundamental skills. Class limit = 4

Level III - Prerequisites: Independently move from front to back float for 5 seconds or more. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. Designed for stroke development and survival skills (survival float, elementary backstroke, treading water). In addition to furthering front and back crawl, head first entries are introduced.

Level IV - Prerequisites: Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards. Designed for stroke improvement and to increase endurance with front and back crawl, elementary backstroke, sidestroke, breaststroke and butterfly. Introduction to the basics of turning at a wall.

STP SWIM TRAINING PROGRAM - Prerequisites: Swim freestyle and backstroke 25 yards without assistance. This program is designed for those who desire to cross-train for sports/dance/activities, summer league swimming or general fitness. There will be balance, agility and strength exercises for the first 15 minutes of this class. Swimming technique for all four strokes, starts and turns will be covered in addition to distance/sprint workouts.

GROUPS BY APPOINTMENT:

- If you have a group of 2 or 4 students and would like to arrange your own “group” with any of the above swim levels we will work to provide you with a day and time that works with your schedule and ours.
- If you would like to be included in a group that we arrange, but is not offered, please let us know as there may be others who have the same desire.

LOCATIONS: Kids In Action (KIA) 3838 Woodland Hills Dr., Kingwood, TX 77339
Walden (W) 18100 Walden Forest Dr., Humble, TX 77346
LaQuinta (LQ) 22790 Hwy 59 N, Kingwood, TX 77339

FEES and REGISTRATION/PAYMENT PROCEDURE:

1. ALL sessions will run for approximately 4 weeks so you can select which sessions work throughout the season for your family’s schedule.
2. ALL session fees are \$115 per participant for group lessons WITH THE EXCEPTION OF OUR “MINI” SESSIONS (As posted.).
3. Select appropriate class and age level using class descriptions guidelines listed above that best fit your child when filling out a registration form for each participant.
4. **Payment in full and completed registration form must be received prior to classes starting in order to secure your place in your selected class as classes may be closed, cancelled or rearranged when necessary on the Friday prior to the start of a session.**
5. Please make checks payable to: **AQUATIC SOLUTIONS**
6. **Mail all registration forms with fees to: Aquatic Solutions, P.O. Box 6646, Kingwood, TX 77325-6646 KIA Patrons may drop registration forms off at KIA front desk.**
7. If the class is full, you may place your name on a waiting list or select another class/session. If on the waiting list, you will be contacted by the Sunday prior to the session beginning if any classes have opened or another class has been scheduled.
8. ***Groups are scheduled for 4 or more participants for our upper level lessons and 2 for our Preschool lessons. If your class has less than 4 students on the first day of class the class length and number of classes will be adjusted with no additional fees or you have the option to pay additional fees to upgrade for private or semi-private lessons.***
9. We offer private and semi-private classes year round. Please see our fee schedule on our website.

REFUND/MAKE-UP POLICY:

1. If you must cancel prior to the first lesson, 1/2 OF YOUR CLASS FEE WILL BE FORFEITED.
2. There are NO REFUNDS for group lessons after the 1st day of class for any reason.
3. Rescheduled lessons for groups are provided ONLY if the instructor cancels class due to severe weather conditions. ***We cannot provide make-ups in group lessons if your child misses due to illness or for personal reasons.***

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