

Blairwood *SwimAmerica* - Swim School

Fall & Winter 2010 ♦ Spring 2011

SwimAmerica is the Nation's leading swim school. The *SwimAmerica* lesson program is technique-oriented. We focus on proper stroke mechanics from the very first lesson. Each level (station) has a well-defined skill. When a child masters that specific skill, he or she is ready to move to the next level. *SwimAmerica* employs caring instructors who have all received certification from the *American Swim Coaches Association*. Children who go through the *SwimAmerica* lesson program acquire the correct technique for future swimming. **Swim coaches are always thrilled to gain a swim team member who learned to swim at *SwimAmerica*.**

GROUP LESSONS

These lessons are our most popular lessons. For ages 3 -14 they are offered for beginning & intermediate swimmers who need to learn the building blocks of swimming and water safety. The program consists of mastering 6 levels and then moving on to Stroke School (levels 7-10) Children are placed in groups of 3 to 4 - *Coach to Student ratio never exceeds 1:4*. As children progress through the levels, they will have the opportunity to swim with children at a similar level each time. ***Unique to SwimAmerica is that we assess your child's progress and move children to a different level if a current station isn't meeting their needs.***

Saturday Classes - Lesson lasts 30 minutes. Lesson offered on Saturday's at 11,11:30, 12,12:30,1 & 1:30

Levels – children are placed based on their current level of swimming. Levels are broken out as follows:

Level 2 – Goes Underwater, **Level 3** – Back Floats/Front floats, **Level 4** –Streamlines and rolls over, **Level 5/6** - Side breathing & backstroke, **Levels 7-10** advance to Stroke School (see below).

STROKE SCHOOL

Stroke School is offered to children who have mastered Levels 2-6 and can side breathe on both sides (freestyle) and swim backstroke. The goal of Stroke School is to perfect freestyle, backstroke, butterfly and breaststroke plus racing starts and turns – ***all to be ready for swim team.*** Stroke School swimmers are also invited to swim in our swim meets at no additional charge. *Each lesson lasts 1 hour. Coach to student ratio 1:8. All Stroke School classes are taught by experienced coaches who are ASCA Certified Level 2 in Age Group swimming.*

Saturday Stroke School -- Coached by Abraham "Tito" Solano & Mariela Yopez-Bird

11:00AM – 6 & U 12:00PM – 7,8,9 yr old 1:00PM – 10-14 yr old 2:00PM - 7,8,9 yr old

Sunday Stroke School -- Coached by Annie St. Clair & Ryan Maynard

1:00PM – 5,6 & 7 yr old 2:00PM – 8,9 & 10 yr old 3:00PM – 11 & older 4:00PM – 6,7,8 yr old

NEW!!

Wednesday Stroke School -- For 4 & 5 year olds who can side breathe and swim on back.

45 minute classes are offered on from 1:00-1:45PM on Wednesday

EASY TO REGISTER! Please complete the information on the reverse side.

- Return this form with payment to Blairwood Swim & Tennis Club, 9300 Blairwood Rd., Lou., KY 40222 or Fax 425-7918.
- ***Availability is determined on a first come, first serve basis. Preference is given to existing students. Sign up early as spots are limited.***
- ***NO REFUNDS*** - after the first day of session. ***NO MAKE-UPS*** -- for missed practices
- **Sometimes a child is not ready for Group Lessons – when this is the case we suggest Private Lessons. In this case any payment received for Group Lessons will be credited to the Private Lessons**

APPLICANT INFORMATION - please print legibly.

Swimmer's Last Name: _____ First Name: _____

Age: _____ Date of Birth: _____ School: _____

Parent's Last Name: _____ First Name: _____

Address: _____ City & State: _____ Zip: _____

Work #: _____ Home #: _____ Cell#: _____

Email Address (must complete): _____

Emergency Contact: _____ Phone #: _____

PLEASE CHECK THE SESSION(S) FOR WHICH YOU ARE REGISTERING

- Session I: Sept 11 – Dec 19, 2010 (14 classes + 2 Stroke School Swim Meets 10/16 & 11/20)**
Cost: \$165 -- Member \$185 – Non-Member
No classes - Thanksgiving Break November 26, 27&28, 2010
- Session II: Jan 3-March 27, 2011 (12 classes + 2 Stroke School Swim Meets 2/5 & 3/26)**
Cost: \$140 -- Member \$160 – Non-Member
No Classes - Spring Break March 28- April 10, 2011
- Session III: April 11-May 22, 2011 (5 classes) Mini Session**
Cost: \$60 -- Member \$70 – Non-Member
No classes - Oaks Day, Derby Day or Easter . No meets in mini session.

PLEASE CHECK THE CLINIC(S) FOR WHICH YOU ARE REGISTERING

STROKE SCHOOL

Saturday Stroke School

- 11:00 – 6 & U (Full) 12:00 – 7,8,9 yr olds (FULL)
- 1:00 – 10-14 yr olds (Full) 2:00- 7,8,9 yr olds

Sunday Stroke School

- 1:00 – 5,6,7 yr old 2:00 – 8,9,10 year old 3:00 – 11 & older 4:00 – 6, 7, 8 year olds (FULL)

Wednesday Stroke school -- Check day or days to attend. *Class size limited*

- Wed 1:00-1:45

GROUP LESSONS

Saturday Classes - please indicate your 1st and 2nd choice in the box

- 11:00 (Full) 11:30 (Full) 12:00 12:30 1:00 1:30

Level -- Please check the current level of your child's swimming ability

- Level 2 – Goes Underwater Level 4 – Streamlines/Rolls
- Level 3 – Back Floats/Front floats Level 5/6 Front breathing & some backstroke

PAYMENT- Please return with payment to: Blairwood Swim & Tennis • 9300 Blairwood Rd • Lou, KY 40222.

Payment by: Check Cash Visa Mastercard Discover

Amount paid: \$ _____ Card # _____ Exp Date _____

Name of cardholder: _____ Signature: _____

Should you have questions, please contact Jill Burckle at BlairwoodSwimA@aol.com or 426-8820 ext 229.