

SWIMSTART 2009

Welcome to SwimStart! We provide the very best in semiprivate swimming lessons. SwimStart offers your young swimmer the benefits of personal attention and steady activity in an accelerated learning environment. We're sure you'll be pleased with the value and the quality of instruction your child will receive. All novice level classes have no more than three students per class; upper level classes ratios rise to just 8:1

Our program director and coaching staff have been professionally trained in teaching proper swimming mechanics and have a working knowledge of child development. Each coach is experienced and enthusiastic about the sport of swimming and eager to provide your child the best learning experience.

The primary focus of our program is to teach proper swimming stroke techniques. Our coaches emphasize correct skills from the first lesson, since correcting errors is much more difficult later in the developmental progression.

In this packet, you will find descriptions of each class based on age and ability. Sign up your child in the class you think appropriate. The coaches may move them the first day based on class levels. One of the best features of the program is that your child will progress at his/her own pace; when your child is ready to advance, s/he may either be moved to another coach or will start working on the next set of skills with his/her present coach.

Marlin level swimmers (many of whom are summer swim-league participants): These swimmers focus on skills often difficult to teach in large swim-team practices, such as flip turns, breaststroke, butterfly, and other techniques that will make a big difference in performances. These competition-level skill classes will be limited to a maximum of eight swimmers per class and will be available in regular ½ hour increments between 11:30 and 1 PM only.

Our deck supervisor is available to discuss your child's progress with you and answer any questions you may have. In the interest of effective teaching, please do not interrupt the coaches during class time, and please leave the deck clear during lesson time so that the staff can see and move freely.

Thank you for enrolling your child in SwimStart. You are part of the Triangle's best learn-to-swim program. We appreciate your involvement in our program. Call 919-225-1693 for more information.

THANK YOU!

SWIMSTART

Learn-to-Swim Program

At Falconbridge Pool

“The Very Best in Semi-Private Swimming Lessons”

- Learn to swim correctly
- Semiprivate lessons (3 students per instructor for all novice levels)
- Professionally-trained coaches and instructors
- Classes for learn-to-swim to advanced swimmers
- Eight classes per each two-week session
- Ages 3 and up

2009 SCHEDULE

SESSION I	JUNE 10-12 (W-F) & JUNE 15-19 (M-F)
SESSION II	JUNE 22-26 (M-F) & JUNE 29-July 1 (M-W)
SESSION III	JULY 6-9 (M-Th) & JULY 13-16 (M-Th)
SESSION IV	JULY 20-23 (M-Th) & JULY 27- 30 (M-TH)
SESSION V	AUG 3-7 (M-F) & AUG 10-12 (M-W).

Time: Classes begin every half-hour from 9:30 a.m. to 12:30 p.m. Last class concludes at 1:00 p.m. Session V classes are 9:30-11:00 Am only.

Place: The Falconbridge Community Pool,
6400 Falconbridge Rd, Chapel Hill, 27514

Cost: \$90 per session (includes eight 30-minute classes for 2 weeks).
\$50 per half sessions when space is available.
Please make checks payable to SwimStart.

**Registration: Registration forms available at www.ncSwimStart.com.
Mail registrations to SwimStart, 303 Lorraine Street Carrboro, NC
27510. Registrations accepted until classes are filled.
Confirmation of registration will be emailed to each individual ten
days before each session begins. Phone 919-225-1693 for inquiries.**

Please note: Only registered SwimStart swimmers may use the facility during class time. Family members not in classes, or SwimStart participants staying after class, must pay the Falconbridge season membership fees. Weather make-ups take place on off-days during each session. SwimStart is taught by an experienced staff dedicated to teaching.

Refund policy: All cancellations made at least 10 days before first class are subject to \$5 processing fee. Requests received less than 10 days before first class will be refunded for 50% of fees. Refunds are not available once class begins, though rescheduling may be permitted upon availability.

SwimStart Registration

Classes begin every half hour from 9:30 a.m. to 12:30 p.m.
The Marlin competition-skill classes are available between 11:30 and 1 PM only.

Please complete one form for each child enrolled in SwimStart, and for each session enrolled. Cost is \$90 per child each session. Checks are payable to SwimStart.

Please print:

Child's Name _____

Age _____ Level _____ Session _____

1st Preferred Class Time _____

2nd Preferred Class Time _____ Session V 9:30-11:00 Am only.

Parent's Name _____

Address _____ Email _____

City _____ Zip Code _____

Day Phone _____ Evening Phone _____

To register by mail, send with payment to: SwimStart, 303 Lorraine Street
Carrboro, NC 27510. Email swimstart@gmail.com or phone 919-225-1693 for
inquiries. Registrations accepted until classes are filled. **Confirmation of class
registrations will be emailed to individual about two weeks prior to first
class.**

For SwimStart Staff Only:

Session(s) _____ Time(s) _____ Check/Cash _____

Refund policy: All cancellations made at least 10 days before first class are subject to \$5
processing fee. Requests received less than 10 days before first class will be refunded for 50% of
fees. Refunds are not available once class begins, though rescheduling may be permitted upon
availability.

Welcome to SwimStart!

WAIVER/RELEASE OF LIABILITY

**PLEASE READ CAREFULLY BEFORE SIGNING.
THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.**

I, _____, the enrolled participant, and/or the parent/guardian of the participant agree and understand that swimming is a hazardous activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death.

The participant hereby agrees to participate in SwimStart and hereby agrees to indemnify and hold harmless SwimStart, its coaches, officers, directors, agents, and employees, Falconbridge and its pool management company against any liability resulting from any injury that may occur to the participant while participating in the lessons. The participant also agrees to indemnify SwimStart for any damages incurred or arising from any claims, demands, actions, or causes of action by the participant.

The participant authorizes any representative of the SwimStart staff to have the participant treated in any medical emergency during his/her participation in the lessons. Further, the participant and/or parent/guardian agree to pay all costs associated with medical care and transport for the participant.

I HAVE READ CAREFULLY THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed: _____ Date: _____
(Participant or Parent/Guardian)

Phone: _____

Emergency Contact and Phone: _____

Medical or Health Conditions that SwimStart Staff Should Know About: _____

SwimStart Skill Sets

Little Fish (ages 3-6)

Starfish-Children in this level have had little or no previous swimming instruction. Class focus is on getting swimmers comfortable with water, going underwater, and other introductory swimming skills. Class ratio 3:1

Seahorses-For swimmers with little experience. Skills introduced include water entry, floating, flutter kicking, and arm action. Basic pool safety also covered. Seahorses will swim 25 yards of Freestyle and Backstroke before moving on to become Little TarEels. Class ratio 3:1

Little TarEels-Children must be able to swim 25 yards of Freestyle and Backstroke to be in this group. Other strokes, proper technique, and stroke endurance will be introduced. Class ratio 4:1

Big Fish (ages 6-14)

Seals-For swimmers with little experience. Skill set is similar to seahorses, but for older children who may progress faster. Class ratio 3:1

Turtles-Students must possess skills from previous level and be able to swim unassisted for 5 yards. Skills include kicking of all strokes as well as basic water safety. Class ratio 3:1

Sharks-Swimmers must already be able to swim 15 yards of Freestyle and Backstroke. Will work on stroke endurance, other strokes, side breathing, and turning on the wall. Class ration 4:1

Dolphins-Student must be able to swim 25 yards of a stroke. This class will work on coordination, refinement of all strokes, and increased distance. Proper competitive turns will be introduced
Class ratio 6:1

Marlins-Establishing proper technique for what are typically summer-swim league participants is a priority here. Will build endurance for all strokes and focus on Butterfly and Breaststroke mechanics. Competitive turns and streamline kick outs also emphasized, skills that can really make for faster times in a short amount of time! Marlins class times are held between 11:30 and 1:00 only.
Class ratio 8:1