

INTRODUCING A SMARTER SWIM SCHOOL



FAQs

Q: Why did you switch to a continuous format of lessons instead of sessions?

A: The continuous approach has proven to advance swim skills at a faster pace than session based lessons, largely due to the fact that children in continuous lessons learn and retain skills faster than children who have breaks between lessons. Continuous swim lessons also provide a consistent day and time for your lesson. You no longer need to register every four or eight weeks, or worry about which class your child will be assigned. Once you've selected your day and time, you keep this schedule until you choose to make a change.

Q: When can I sign up for Lessons?

A: Anytime! Since our lessons are ongoing you can start at anytime. If a class is available we will get you started right away, if not, we will put you on a waiting list until there is an opening.

Q: What level should my child be in?

A: Choose your child's level by looking at the attached level descriptions based upon their current skill level or attend a complimentary swim assessment any Saturday from 1:00 - 1:30 p.m. at the indoor pool. Our instructor will complete a brief in water assessment with your child to determine the best level.

Q: How do I register for Lessons?

A: Complete the attached registration form noting your child's level, and your preferred day(s) and time(s) from the schedule below:

- Mondays: 9:30am -11:00am or 4:00pm - 8:00pm
- Tuesdays: 10:30am -12:00pm
- Wednesdays: 9:30am -11:00am or 4:00pm - 8:00pm
- Thursdays: 10:30am -12:00pm
- Saturdays: 9:00am -1:00pm

Bring your completed registration form into the club or fax with payment. As a reminder, your spot will not be reserved until payment is received.

Q: How much do lessons cost/month?

A: Group Lessons: \$40/month/child
Semi-Private Lessons: \$70/month/child
Private Lessons: \$120/month/child

Q: How do I pay for lessons?

A: Your initial payment will be a manual payment in the form of cash, check, credit card or club tab. Future payments will be set up to draft automatically via your membership dues EFT. The payment will draft on the same day as your dues and can be viewed on mylt.com.

Q: How do I change my day or time?

A: You may change your selected day or time by speaking with your Aquatics Department Head. If a spot is not immediately available, we will place you on a waiting list and will do our best to make the change as soon as openings become available.

Q: How do I withdraw from lessons?

A: Families who wish to withdraw from swim lessons must provide 30 days written notice of their desired end date. Withdrawal forms are available at the Aquatics Office. You will need to submit your withdrawal form 30 days prior to your last lesson.

Q: Why do I need to give 30-days notice before withdrawing from a class?

A: We plan our instructor and class schedules in advance and want to ensure that we can maintain a smooth transition for both instructors and students, when students withdraw from the program.

Q: What if I join in the middle of the month?

A: You will pay a pro-rated amount for the portion of lessons remaining in the month and will start automatic billing the following month.

Q: Do you offer make-up classes, credits or refunds for missed classes?

A: Consistency is the key to helping your child progress. We ask that you make every effort to bring your child to each lesson. In order to provide the highest quality lesson for your child we cannot offer refunds, make ups, or credits. If your child must miss a class, we look forward to seeing them at your next scheduled lesson date.

Q: Do I need to change classes when my child changes levels?

A: Classes tend to progress together. If this is not the case we will speak with you about looking for a class more appropriate for your child.

Q: Can you guarantee my request for my favorite instructor?

A: Some of our students and many of our parents have become attached to their teachers. All of our teachers are wonderful, and we are continuously evaluating the classes to make sure that each instructor is providing the best experience for your child. We know that some children respond to certain personalities better, and we do our best to accommodate your child's needs. We can never guarantee an instructor, and we reserve the right to change an instructor if necessary.

Q: If I want to withdraw from lessons can you guarantee that my day, time and instructor will be available when I return?

A: When you choose to withdraw from lessons we open that spot up for other participants to enroll. We will make every effort to work with your requests upon your return, but we cannot guarantee that we will have the same class time and instructor. If you are extremely inflexible with your requests, we recommend that you stay enrolled in the class even though you will miss a few. It would be better for your child's progress to only miss a few lessons as opposed to being pulled out completely.

Q: Are you closed for any holidays?

A: Lessons will be canceled during the following weeks:

- 4th of July Week
- Christmas Week
- Thanksgiving Week
- New Year's Week

A make-up Lesson will be scheduled for the following holidays: Easter Sunday, Memorial Day and Labor Day

Q: Now that I can enroll at any time, what happens when my child gets put in a class with other children that have been there for a while and are more advanced than my child?

A: Generally, there is no class that has all participants at the exact ability level. Each child's personality, age, and strength effects how quickly they learn to swim. As such, all of our instructors are trained on how to split teach (to teach one class with a variance of different participants at different ability levels). If there is one child in a class who is far advanced or behind the other students in their class we will work with the parents to move their child to a class level that better suits their needs. Level names are changed as soon as the children advance beyond the skills required for that class.

Q: What if my class has only one-two students?

A: If a group class has only one or two students, as always, we do reserve the right to consolidate that class with another class so that we can achieve a minimum enrollment of 3 children per class. When this happens we will contact you with 3 options.

- We will let you know other group class times that are available at alternative days and times.
- You may chose at that time to change your lesson into a private or semi-private lesson.
- If neither of these work we will place your name on a waiting list for a class time that works best with your schedule.

AQUATICS CLASS DESCRIPTIONS



SPLASH (AGES 9 MONTHS - 3 YEARS)

Splash 101 (ages 9 months - 2 years; ratio 1:6)

This class requires parent participation and is designed to teach parents water safety skills they can use with their children and how to help infants or toddlers adjust to the water.

Splash 201 (ages 2 - 3; ratio 1:4)

This class requires parent participation and is for the toddler who completed Splash 101 or is assessed as comfortable swimming with an instructor, being passed and kicking their feet in the water. Swimmers will work on adjusting to the water, becoming more independent, putting their face in the water and getting comfortable on their back.

RIPPLE (AGES 3 - 4)

Ripple 201 (ages 3 - 4; ratio 1:4)

Ripple 201 is designed for the beginning level child who may have limited experience or comfort in the water. Children will work on adjusting to the water, becoming more independent, putting their face in the water and getting comfortable on their back.

Ripple 301 (ages 3 - 4; ratio 1:4)

Ripple 301 is designed for the child who completed a 201-level class or is assessed as independent in the water, able to submerge their face underwater and is comfortable on their front and back with assistance. Children will work on kicking, alternating arm movements and floating on their front and back without assistance.

Ripple 401 (ages 3 - 4; ratio 1:5)

Ripple 401 is designed for the child who completed a 301-level class or is assessed as able to paddle on front and back. Children will work on front crawl, roll breathing, backstroke and components of butterfly and breaststroke.

WAVE (AGES 5 - 6)

Wave 301 (ages 5 - 6; ratio 1:4)

Wave 301 is designed for the child who completed a 201-level class or is assessed as independent in the water, able to submerge their face underwater and is comfortable on their front and back with assistance. Children will work on kicking, alternating arm movements and floating on their front and back without assistance.

Wave 401 (ages 5 - 6; ratio 1:5)

Wave 401 is designed for the child who completed a 301-level class or is assessed as able to paddle on front and back. Children will work on front crawl, roll breathing, backstroke and components of butterfly and breaststroke.

Wave 501 (ages 5 - 6; ratio 1:5)

Wave 501 is designed for the child who completed a 401-level class or is assessed as able to swim front crawl and backstroke. Children will work on building their front crawl, rotary breathing, backstroke, breaststroke and butterfly. Swimmers will also learn sidestroke and elementary backstroke.

Wave 601 (ages 5 - 6; ratio 1:6)

Wave 601 is designed for the child who completed a 501-level class or is assessed to have an understanding of the four competitive strokes (front crawl, backstroke, breaststroke and butterfly). Children will improve stroke technique, rhythmic breathing, endurance and learn roll-turns (flip-turns) and drills.

SURF (AGES 7 - 12)

Surf 301 (ages 7 - 12; ratio 1:4)

Surf 301 is designed for the child who completed a 201-level class or is assessed as independent in the water, able to submerge their face underwater and is comfortable on their front and back with assistance. Children will work on kicking, alternating arm movements and floating on their front and back without assistance.

Surf 401 (ages 7 - 12; ratio 1:5)

Surf 401 is designed for the child who completed a 301-level class or is assessed as able to paddle on front and back. Children will work on front crawl, roll breathing, backstroke and components of butterfly and breaststroke.

Surf 501 (ages 7 - 12; ratio 1:5)

Surf 501 is designed for the child who completed a 401-level class or is assessed as able to swim front crawl and backstroke. Children will work on building their front crawl, rotary breathing, backstroke, breaststroke and butterfly. Swimmers will also learn sidestroke and elementary backstroke.

Surf 601 (ages 7 - 12; ratio 1:6)

Surf 601 is designed for the swimmer who completed a 501-level class or is assessed to have an understanding of the four competitive strokes (front crawl, backstroke, breaststroke and butterfly). Children will improve stroke technique, rhythmic breathing, learn roll-turns (flip-turns) and drills and build their endurance.

SWIM TEAM (AGES 5 - 17)

Your child can experience the excitement, camaraderie and satisfaction of being part of a swim team. This is an **eight-week** program that involves weekly practices as well as competitions and awards. **Tryouts may be required.**

PRIVATE AND SEMI-PRIVATE SWIM LESSONS (4 OR 8 LESSONS)

**(private ratio 1:1;
semi-private 1:2 or 1:3)**

Children can gain and improve swimming skills even more rapidly in a private lesson. Thirty-minute private and semi-private lessons are available for all ages and skill levels. You are required to find your own semi-private partner. To schedule lessons, call or stop by the Aquatics office.

U SWIM SCHOOL LESSON AGREEMENT



 First Name Last Name Member Number DOB Gender

 Address Street City State Zip

 Daytime Telephone Evening Telephone E-mail

 Emergency Contact Name Emergency Contact Telephone

If participant is under 18 years of age, complete the following:

 Parent Name

Please choose a class level below. If you are unsure of which level please contact the Aquatics Department Head.

- | | | | |
|---|---|--|--|
| <input type="radio"/> Splash 101 (9 mo.-2 yrs.) | <input type="radio"/> Ripple 401 (3-4 yrs.) | <input type="radio"/> Wave 601 (5-6 yrs.) | <input type="radio"/> Surf 601 (7-12 yrs.) |
| <input type="radio"/> Splash 201 (2-3 yrs.) | <input type="radio"/> Wave 301 (5-6 yrs.) | <input type="radio"/> Surf 301 (7-12 yrs.) | <input type="radio"/> Adult (13+) |
| <input type="radio"/> Ripple 201 (3-4 yrs.) | <input type="radio"/> Wave 401 (5-6 yrs.) | <input type="radio"/> Surf 401 (7-12 yrs.) | |
| <input type="radio"/> Ripple 301 (3-4 yrs.) | <input type="radio"/> Wave 501 (5-6 yrs.) | <input type="radio"/> Surf 501 (7-12 yrs.) | |

Please select lesson type below:

- | | | |
|--|---|---|
| <input type="radio"/> Group - \$40/month | <input type="radio"/> Semi-Private - \$70/month | <input type="radio"/> Private - \$120/month |
| <input type="radio"/> Masters - \$34/month | <input type="radio"/> Swim Team - \$100/month | |

Please select all days and times that you are available for your lessons. All lessons meet once per week for 30 minutes.

- | | | | | |
|--|---|---|--|--|
| <p>Mondays</p> <ul style="list-style-type: none"> <input type="radio"/> 9:30am-10:30am <input type="radio"/> 10:00am-11:00am <input type="radio"/> 4:00pm-5:00pm <input type="radio"/> 4:30pm-5:30pm <input type="radio"/> 5:00pm-6:00pm <input type="radio"/> 5:30pm-6:30pm <input type="radio"/> 6:00pm-7:00pm <input type="radio"/> 6:30pm-7:30pm <input type="radio"/> 7:00pm-8:00pm | <p>Tuesdays</p> <ul style="list-style-type: none"> <input type="radio"/> 10:30am-11:30am <input type="radio"/> 11:00am-12:00pm | <p>Wednesdays</p> <ul style="list-style-type: none"> <input type="radio"/> 9:30am-10:30am <input type="radio"/> 10:00am-11:00am <input type="radio"/> 4:00pm-5:00pm <input type="radio"/> 4:30pm-5:30pm <input type="radio"/> 5:00pm-6:00pm <input type="radio"/> 5:30pm-6:30pm <input type="radio"/> 6:00pm-7:00pm <input type="radio"/> 6:30pm-7:30pm <input type="radio"/> 7:00pm-8:00pm | <p>Thursdays</p> <ul style="list-style-type: none"> <input type="radio"/> 10:30am-11:30am <input type="radio"/> 11:00am-12:00pm | <p>Saturdays</p> <ul style="list-style-type: none"> <input type="radio"/> 9:30am-10:30am <input type="radio"/> 10:00am-11:00am <input type="radio"/> 10:30am-11:30am <input type="radio"/> 11:00am-12:00pm <input type="radio"/> 11:30am-12:30pm <input type="radio"/> 12:00pm-1:00pm |
|--|---|---|--|--|

Desired Lesson Start Date: _____

Date Received _____ Date Processed _____ In ESS? ___ In MMS? ___ Called to confirm? Date _____ Time _____
 Student entered in Tracker? _____

The Following Terms and Conditions are Specific to Residents of Illinois and Virginia:

BUYER'S RIGHT TO CANCEL. If you wish to cancel this contract, you may cancel by making or delivering written notice to Life Time Fitness. The notice must say that you do not wish to be bound by the contract and must be delivered or mailed before midnight of the third business day after you sign this contract. The notice must be delivered or mailed to the Life Time Fitness center where you signed this contract. If canceled within three business days, you will be entitled to a refund of all monies paid. The customer's rights to cancel described herein are in addition to any other contract rights or remedies provided by law. You may also cancel this contract if this club goes out of business or relocates and fails to provide comparable alternate facilities within five driving miles of the location designated in this contract. You may also cancel if you become physically unable to use a substantial portion of the club services for 30 or more consecutive days, and your estate may cancel in the event of your death. You must prove you are unable to use a substantial portion of the club services by a doctor, physician's assistant, or nurse practitioner's certificate, and Life Time Fitness may also require that you submit to a physical examination, within 30 days of notice of cancellation, by a doctor, physician assistant, or nurse practitioner agreeable to you and Life Time Fitness. If you cancel after the three business days, Life Time Fitness may retain or collect a portion of the contract price equal to the proportionate value of the services or use of facilities you already received. Any refund due to you shall be paid within 30 days of effective date of cancellation.

The Following Terms and Conditions are Specific to Residents of Illinois:

In the event of the relocation of a customer's residence to farther than 25 miles from a Life Time Fitness facility, and upon the failure of Life Time Fitness to designate a center, with comparable facilities and services within 25 miles of the customer's new residence, which agrees to accept Life Time Fitness' obligations under the contract, the customer may cancel the contract and shall be liable for only that portion of the charges allocable to the time before reasonable evidence of such relocation is presented to Life Time Fitness, plus a \$50.00 fee.

