

Fall 2011 Application

Name(s) _____ Age _____

Parent Name (if under 18) _____

Address _____

City, State, & Zip _____

Home Phone _____

Email Address _____

Parent Guardian Authorization

I hereby approve of my child's attendance at the Arnold Sports Center for the swimming classes and certify that he/she is in good health and able to participate in the program. I authorize that the Director act for me according to his best judgment in any emergency requiring medical attention. I understand, should any emergency occur, I will be contacted during the physical exam. If I am unavailable, I authorize you to contact:

Name of Physician _____

Phone Number _____

Special Conditions _____

I recognize that insurance coverage on injuries received during lessons is the responsibility of the parent or guardian's insurance policy

Insurance Carrier _____

Policy Number _____

Lebanon Valley College



Health & Sports Center

Mission Statement

Swimming instruction is designed to give individuals the confidence needed to enjoy and appreciate water activities throughout one's life.

**Fall 2011
Swimming Lessons
Brochure**

Parent & Tot Classes

~Children and parents interact with each other while learning safe swimming practices. They will also learn the foundations of independent swimming.

~Parent must accompany child

~Classes are held in the *Wellness Pool*

Saturday: Sept. 10, 17, 24

Infant Class: 9–9:40 a.m.

Toddler Class: 9:40–10:20 a.m.

Tuesday: 9:20-10 a.m.

Session 1: Sept. 13, 20, 27

Session 2: Oct. 4, 11, 18

Thursday: 9:20–10 a.m.

Session 1: Sept. 15, 22, 29

Session 2: Oct. 6, 13, 20

Thursday: 1:20–2 p.m.

*All young ages welcomed

Sept. 15, 22, 29

- **Cost: \$21.00 for 3 sessions**
- **\$18 for second child**

This is your only reminder

Please keep this form for your records

Learn to Swim Classes

~Children will be introduced to skills and strokes appropriate to their ability level

~Ages are given as a guide. Please use the class descriptions to pick the best class for your child. Classes are in the *Wellness Pool*
!!Parent must accompany 4 year olds

Saturday: Sept. 10, 17, 24, and Oct. 1

4–5 year olds: 10:30–11:10 a.m.

This class is designed for children learning to be independent in the water (floating, kicking, breathing)

6 and older: 11:20 a.m.–noon.

This class is designed to introduce and refine basic strokes (freestyle, backstroke, elementary backstroke, breathing techniques, and safety skills)

- **Cost: \$28.00 for 4 lessons**
- **\$25 for second child**

Monday: ages 5 and older

Sept. 12, 19, 26

***MAIN POOL: Learn to Swim

!!!!Must be “OK” in deep water

5:20–6 p.m.

- **Cost: \$21.00 for 3 sessions**
- **\$18.00 for second child**

This is your only reminder

Please keep this form for your records

FALL 2011: Sign-up Form

~Return this form with check payable to LVC. Please **circle** the class you are planning to attend and fill out the application/authorization form on the back of this page. Thank you!! ☺

Parent and Tot

Saturday: Infant Class (9–9:40 a.m.)

Toddler Class (9:40–10:20 a.m.)

Tuesday: Session 1 Session 2

Thursday: Session 1 Session 2

Thursday: 1:20 p.m. class

Learn to Swim

Saturday: 4–5 year olds (10:30-11:10 a.m.)

6–7 year olds (11:20-noon)

Monday: 5:20-6 p.m.

Please return this form/payment to:

Lebanon Valley College

c/o Mary Gardner

101 N. College Avenue

Annville, PA 17003

Any questions, please contact:

gardner@lvc.edu