



# Learn to Swim

The Institute for Healthy Living is excited to offer summer swim lessons. Classes will be held in our indoor Aquatic Center, and class sizes are limited to allow for individual attention. Swimmers may register for additional sessions, and one-on-one lessons are also available. All classes will be taught by experienced, licensed and certified swimming instructors led by Gina Hester, an American Red Cross lifeguard instructor and water safety instructor with more than ten years experience in teaching swimming lessons. To register or request additional information, please contact the Institute for Healthy Living front desk in person or by calling (903)323-6500.

## *Learn to Swim Courses*

**Water Babies:** This is a water orientation class for babies ages 6-36 months. Parents accompany their child in the water to learn pre-swimming skills like floating, bubble blowing, kicking and submersion techniques. All Water Babies sessions consist of 4 classes 45 minutes in length. The first 30 minutes of class are devoted to teaching a variety of skills through song and play, and the last 15 minutes are for parents to practice and enjoy the water with their little one. **Cost: \$60 member; \$85 non-member**

**Preschool:** This class is designed for children 3 to 4 years of age who are ready to be in the water without a parent and begin learning the fundamentals of swimming.

**Cost: \$120 member; \$145 non-member**

**Level One:** The objective of Level One is for children to feel comfortable in the water and enjoy water safely. Children must be at least 5 years of age and will learn the fundamentals of swimming, such as submerging, floating, breath control and underwater swimming.

**Cost: \$120 member; \$145 non-member**

**Level Two:** This class is for those who have mastered the skills in Level One. Goals of the class include swimming independently in the water at least 15 feet on front and back, comfort in deep water and exploration of treading.

**Cost: \$120 member; \$145 non-member**

**Level Three:** This class is for those who have completed the skills in Level Two. Goals of the class include swimming front and back crawl at least 45 feet, rhythmic breathing and an introduction into diving. **Cost: \$120 member; \$145 non-member**



## *Swim Lesson Guidelines*

### **Adult Supervision**

The Institute for Healthy Living requires that the child's caregiver not leave the Aquatic Center during swim lessons. We rely on you in case of an emergency or a necessary bathroom break for your child.

### **Supplies**

Children should wear a swimsuit and bring a towel to each lesson. If appropriate, please make sure your child is wearing swim diapers. Older children will likely prefer to wear swim goggles once they become comfortable with their lessons.

### **Safety**

Please remind your child not to run in the Aquatic Center and keep an eye on him/her until they safely reach class and have the supervising attention of the swim instructor. Please sit in the chairs provided near the pool.

### **Absences**

In order to maintain the integrity of our classes regarding content, size, consistency and progression, we do not offer make-ups or refunds for missed lessons. Please do your best to attend your scheduled class. The Institute will extend one \$10 credit to any child who misses class due to illness; a doctor's note will be required to receive credit. Extraordinary and extended illnesses will be handled on a case-by-case basis.



**REGISTRATION INFORMATION**

Complete form below and return it to Institute for Healthy Living front desk or mail to Institute for Healthy Living, 3133 Good Shepherd Way, Longview, TX 75605.

PARTICIPANT'S NAME		AGE
ADDRESS		TODAY'S DATE
CITY	STATE	ZIP CODE
PARENT/GUARDIAN		
HOME PHONE	WORK PHONE	E-MAIL

**PAYMENT INFORMATION**

Please Circle One: Cash Check Credit Card		NAME ON CREDIT CARD	
CREDIT CARD TYPE	CARD #	EXPIRATION DATE	
BILLING ADDRESS			
CITY	STATE	ZIP CODE	
SIGNATURE			

**CLASS SECTION** (You will be notified by phone if you or your child is not placed in the first choice class or may need to be reassigned due to swim proficiency to assure success in the appropriate class.)

<i>FIRST CHOICE</i>	SESSION DATES	CLASS	TIME
<i>SECOND CHOICE</i>	SESSION DATES	CLASS	TIME

**ADDITIONAL PARTICIPANT**

PARTICIPANT'S NAME		AGE	
<i>FIRST CHOICE</i>	SESSION DATES	CLASS	TIME
<i>SECOND CHOICE</i>	SESSION DATES	CLASS	TIME
PARTICIPANT'S NAME		AGE	
<i>FIRST CHOICE</i>	SESSION DATES	CLASS	TIME
<i>SECOND CHOICE</i>	SESSION DATES	CLASS	TIME

**INSTITUTE FOR HEALTHY LIVING SWIM CLASS WAIVER OF RESPONSIBILITY**

In consideration of the acceptance of my or my child(ren)'s participation in the Institute for Healthy Living (IHL) swim lessons, I, the undersigned, individually or as parent (or legal guardian), hereby agree and acknowledge the existence of certain risks inherent in the swim lessons which take place on the IHL campus, and hereby agree to assume the full risk and responsibility for any injury I or my child(ren) may sustain in the course of their use of IHL facilities and/or equipment. The undersigned hereby accepts full responsibility for, and hereby waives any claim he/she may have against IHL for any injury to participants of the swim lessons or property arising from their or their child(ren)'s use of IHL facilities in general, including minor cuts, scrapes, bruises, head injuries, and drowning. IHL reserves the right to dismiss any child from the program who causes disruption to the swim program. IHL shall not be responsible or liable to members or guests for articles damaged, lost or stolen in or about IHL, or loss or damage to any property, including but not limited to automobiles and the contents thereof.

Having read the preceding, the undersigned, for himself/herself and on behalf of his/her executors, administrators, heirs, assigns and successors, acknowledge his/her understanding of those risks forth herein, knowingly agrees to accept full responsibility for his/her or his/her child(ren)'s exposure to such risk and does hereby expressly forever release and discharge IHL, agents, owners, employees, successors and assigns, and suppliers for any and all costs, liabilities, and losses arising from the undersigned's or his/her child(ren)'s injury at IHL.

Participant or Parent/Guardian Signature

Date

# May 2009 Swim Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 Level 1: Session 1 3:15pm - 4:00pm Preschool: Session 1 4:00pm - 4:45pm Water Babies: Session 1 4:45pm - 5:30pm	29	30 Level 1: Session 1 3:15pm - 4:00pm Preschool: Session 1 4:00pm - 4:45pm Water Babies: Session 1 4:45pm - 5:30pm	1	2
4	5 Level 1: Session 1 3:15pm - 4:00pm Preschool: Session 1 4:00pm - 4:45pm Water Babies: Session 1 4:45pm - 5:30pm	6	7 Level 1: Session 1 3:15pm - 4:00pm Preschool: Session 1 4:00pm - 4:45pm Water Babies: Session 1 4:45pm - 5:30pm	8	9
11 Preschool and Water Babies: Session 2 4:30pm - 5:15pm R Level 1: Session 2 5:30pm - 6:15pm L	12 Preschool and Water Babies: Session 2 4:30pm - 5:15pm R Level 1: Session 2 5:30pm - 6:15pm L	13 Private Lesson 4:00pm - 4:30am L Preschool and Water Babies: Session 3 4:30pm - 5:15pm R Level 1: Session 2 5:30pm - 6:15pm L	14 Preschool and Water Babies: Session 2 4:30pm - 5:15pm R Level 1: Session 2 5:30pm - 6:15pm L	15	16
18 Preschool and Water Babies: Session 3 4:30pm - 5:15pm R Level 1: Session 2 5:30pm - 6:15pm L	19 Preschool and Water Babies: Session 3 4:30pm - 5:15pm R Level 1: Session 2 5:30pm - 6:15pm L	20 Private Lesson 4:00pm - 4:30am L Preschool and Water Babies: Session 3 4:30pm - 5:15pm R Level 1: Session 2 5:30pm - 6:15pm L	21 Preschool and Water Babies: Session 3 4:30pm - 5:15pm R Level 1: Session 2 5:30pm - 6:15pm L	22	23
25	26	27	28	29	30

# June 2009 Swim Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Water Babies: Session 1 11:15am - 12:00am R Sassy Swimmers/Adult 12:00pm - 12:45pm L
8	9	10	11	12	13 Water Babies: Session 1 11:15am - 12:00am R Sassy Swimmers/Adult 12:00pm - 12:45pm L
15 Level 2: Session 2 10:30am - 11:15am L Level 3: Session 1 12:00pm - 12:45pm L Level 1: Session 3 12:45pm - 1:30pm L	16 Level 2: Session 2 10:30am - 11:15am L Level 3: Session 1 12:00pm - 12:45pm L Level 1: Session 3 12:45pm - 1:30pm L	17 Level 2: Session 2 10:30am - 11:15am L Level 3: Session 1 12:00pm - 12:45pm L Level 1: Session 3 12:45pm - 1:30pm L	18 Level 2: Session 2 10:30am - 11:15am L Level 3: Session 1 12:00pm - 12:45pm L Level 1: Session 3 12:45pm - 1:30pm L	19	20 Water Babies: Session 1 11:15am - 12:00am R Sassy Swimmers/Adult 12:00pm - 12:45pm L
22 Level 2: Session 2 10:30am - 11:15am L Level 3: Session 1 12:00pm - 12:45pm L Level 1: Session 3 12:45pm - 1:30pm L	23 Level 2: Session 2 10:30am - 11:15am L Level 3: Session 1 12:00pm - 12:45pm L Level 1: Session 3 12:45pm - 1:30pm L	24 Level 2: Session 2 10:30am - 11:15am L Level 3: Session 1 12:00pm - 12:45pm L Level 1: Session 3 12:45pm - 1:30pm L	25 Level 2: Session 2 10:30am - 11:15am L Level 3: Session 1 12:00pm - 12:45pm L Level 1: Session 3 12:45pm - 1:30pm L	26	27 Water Babies: Session 1 11:15am - 12:00am R Sassy Swimmers/Adult 12:00pm - 12:45pm L
29	30	1 jul.	2	3	4

# July 2009 Swim Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4
6	7	8	9	10	11
Preschool: Session 2 11:15am - 12:00pm <b>R</b> Level 3: Session 2 12:00pm - 12:45pm <b>L</b>	Preschool: Session 2 11:15am - 12:00pm <b>R</b> Level 3: Session 2 12:00pm - 12:45pm <b>L</b>	Preschool: Session 2 11:15am - 12:00pm <b>R</b> Level 3: Session 2 12:00pm - 12:45pm <b>L</b>	Preschool: Session 2 11:15am - 12:00pm <b>R</b> Level 3: Session 2 12:00pm - 12:45pm <b>L</b>		
13	14	15	16	17	18
Preschool: Session 2 11:15am - 12:00pm <b>R</b> Level 3: Session 2 12:00pm - 12:45pm <b>L</b>	Preschool: Session 2 11:15am - 12:00pm <b>R</b> Level 3: Session 2 12:00pm - 12:45pm <b>L</b>	Preschool: Session 2 11:15am - 12:00pm <b>R</b> Level 3: Session 2 12:00pm - 12:45pm <b>L</b>	Preschool: Session 2 11:15am - 12:00pm <b>R</b> Level 3: Session 2 12:00pm - 12:45pm <b>L</b>		
20	21	22	23	24	25
27	28	29	30	31	1 aug.