

CRC MEMBER/GUEST INFORMATION & CLASS SELECTIONS

Name of participant _____

Age of participant _____

Parent or guardian _____

CRC ID # _____

Address _____

City _____ Zip _____

Home Phone _____

Cell Phone _____

Email _____

Emergency Contact _____

Phone _____

How did you hear about the CRC/this program?

Please indicate any medical conditions that may apply:

SELECT THE CLASSES YOU WOULD LIKE TO TAKE.

- Nov. Tues. Parent & Child 31110-S-SWIMPARCHILD
- Nov. Tues. Levels 1, 3, 5 31110-S-SWIMLEVEL135
- Nov. Tues. Levels 2, 4 31110-S-SWIMLEVEL24
- Nov. Sat. Levels 1, 5 31110-S-SWIMLEVEL15
- Nov. Sat. Levels 2, 4 31110-S-SWIMLEVEL24
- Nov. Sat. Level 3,Parent/Child 31110-S-SWIM3/PARCHILD



Cedar River Complex Wellness Center Coordinator, Carrie Barker

Carrie oversees the daily operations of the Aquatic Center, Sport Court and Family Fun Zone. Prior to being hired as a CRC team member, Carrie was a volunteer for nearly two years. She welcomes you to contact her with any questions you might have about the swimming lessons offered.

Carrie can be reached by calling 641-832-3600 or emailing carrieb@cedarrivercomplex.com



809 Sawyer Drive
Osage, IA 50461
641-832-3600
info@cedarrivercomplex.com
www.cedarrivercomplex.com

WHAT'S HAPPENING:

FAMILY SKATE NIGHT

Sunday, October 17, 2-4 p.m.

Lace up your skates and join us for Family Skate Night at the CRC Events Center located on the Mitchell County Fairgrounds.

Skate rental available.

Non-skaters are free.

For more information, contact Heather Mallinger, CRC Activities Coordinator 641-832-3600 or heatherm@cedarrivercomplex.com

Bringing Communities Together to Meet, Play, Learn and Enjoy.

Cedar River Complex

NOVEMBER 2010

RED CROSS CERTIFIED SWIM LESSONS



Contact us today

641-832-3600



www.cedarrivercomplex.com

Build skills and confidence with Red Cross certified swimming lessons at the Cedar River Complex.

NOVEMBER LESSONS

** Class limit in each swim level is 15.

** Please check in at the Welcome Desk at the beginning of each lesson.



TUESDAYS

Dates: November 2, 9, 16, 23

Parent & Child Aquatics

Time: 1:00 - 2:00 p.m. Ages: 3-5 years old

Levels 1, 3 & 5

Time: 5:45 - 6:30 p.m. Ages: Grades K & above

Levels 2 & 4

Time: 6:45 - 7:30 p.m. Ages: Grades K & above

SATURDAYS

Dates: **October 30**, November 6, 13, 20

Levels 1 & 5

Time: 8:00 - 8:45 a.m. Ages: Grades K & above

Levels 2 & 4

Time: 9:00 - 9:45 a.m. Ages: Grades K & above

Level 3 &

Parent & Child Aquatics

Time: 10:00 - 10:45 a.m.

Ages: Grades K & above for Level 3 participants and ages 3-5 for Parent & Child class participants.

**Class Fees if paid by early registration date of Thursday, October 28, 2010:
(If registering after, add \$10.00 to fees.)**

DISCOUNTED MEMBER FEE: \$18.00/ each 4 week session
NON-MEMBER FEE: \$36.00/ each 4 week session

Please come to your lessons in your swimming suit and bring a towel and a change of clothes.

AMERICAN RED CROSS LEARN TO SWIM LEVELS

(Parents, please complete the following)

Level 1

Develop positive attitudes, good swimming habits and safe practices in and around the water.

Can your child do the following:

Bobbing Front Float

Level 2

Participants will gain success with fundamental skills including learning how to float without support and to recover to a vertical position.

Can your child do the following:

Bobbing Front Float
 Back Float

Level 3

Build on the skills in Level 2 by receiving guided practice in deeper water.

Can your child do the following:

Crawl Swim on side
 Tread water

Level 4

Further develop skills and confidence in the strokes learned in Level 3 and improve other aquatic skills.

Can your child do the following:

Beginning dive Breaststroke
 Back Stroke

Level 5

Further learn how to refine strokes.

Can your child do the following:

Dive Back / Crawl
 Butterfly Breaststroke

CRC SWIM CLASS WAIVER

I hereby release the CRC and all team members from any and all liabilities, loss or property damage or personal injury of any kind that may be sustained to myself or a family member in participation of a CRC activity. I further agree and consent to emergency treatment in the event of an emergency. Unless otherwise advised, I also agree to be photographed during CRC activities which may be used in CRC related marketing materials. I agree to this waiver and release.

Signature (Guardian if under age 18)

Date