



# RKSA Swim America 2009-2010 School-Year Programming/Fees 8/24/09-5/22/10

**Closed:** Sept. 7 (Labor Day)  
Nov. 25 - Nov. 29 (Thanksgiving Break)  
Dec. 20 - Jan. 3 (Winter Break)  
March 21 - March 28 (Spring Break)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-9:40am	9:00-9:40am			8:40-9:40 Pre-Team
	9:45-10:25am	9:45-10:25am			9:00 - 9:40am
	10:30 Nervous Beg/ Open Swim	10:30 Baby			9:45 -10:25am
		11:05 Young 3's			10:30 -11:10am
3:30-4:10pm	3:30-4:10pm	3:30-4:10pm	3:30-4:10pm	3:30-4:10pm	Nervous Beg
4:15-4:55pm	4:15-4:55pm	4:15-4:55pm	4:15-4:55pm	4:15-4:55pm	Birthday Parties
5:00-5:40pm	5:00-5:40pm	5:00-5:40pm	5:00-5:40pm	5:00-5:40pm	
5:45-6:25pm	5:45-6:25pm	5:45-6:25pm	5:45-6:25pm	5:45-6:25pm	
6:30-7:10pm	6:30-7:10pm	6:30-7:10pm/6:30-7:30 Pre-Team	6:30-7:10pm	6:45 Open Swim	
7:15 Baby/3 Acr	7:15 3&Me /Adv Ad	7:15 Beg Adult	7:15 Baby/3 Acr		

\*Morning classes on Tuesday and Wednesday are for pre-school age swimmers. Nervous Beginner Semi-Privates must be scheduled in advance. Open Swim is for Swim America families and is Tuesday 10:30-11:45am & Friday 6:45-8:30pm.

## Swim America Fees for 1x/week & Payment Dates

SESSION	Payment Due	WEEKS	1 Child	2 Children	3 Children
Aug. 24 – Oct. 10	At Registration	*6/7 <i>*closed Sept.7 (mon)</i>	*\$75/\$88	*\$143/\$166	*\$203/\$236
Oct. 12 – Nov. 24	October 2	*6/7 <i>*closed Nov 25 -29 (wed-sun)</i>	*\$75/\$88	*\$143/\$166	*\$203/\$236
Nov. 30 – Jan. 30	November 13	7 <i>closed Dec 20–Jan 3 (sun-sun)</i>	\$88	\$166	\$236
Feb. 1 – March 20	January 22	7 <i>closed March 21-28 (sun-sun)</i>	\$88	\$166	\$236
March 29 – May 22	March 12	8	\$100	\$190	\$270

See details about \$10 annual fee, and family discounts, under "Registration Process ". If you want to attend 2x/week, the office will calculate your fees. The 2x/week rate per lesson is less than the 1x/week rate.

# Registration Process, Policies, & Discounts

**Registration** The process is SIMPLE and on-going. Once you are registered for a class, that time slot is **yours** until you notify the office you will **not** be continuing, **and/or fail to make the next installment on time**. If there are changes in our programming schedule that would prevent you from continuing the same day/time, you will be given an opportunity to change your slot before we offer those openings to other families. The payment process offers budget payments for everyone. Therefore, **if you want to pay for the first seven weeks, or even the entire school year at one time, you are welcome to do so**. Just remember, if you do not pay by the payment due date, you forfeit your time slot, and we will give your slot to someone on the waiting list. Previously enrolled families *should not* have to make a special trip to register, unless we feel we may need to re-test your swimmer. If you have been out awhile, this is usually a good idea. Current or previous families can do a **drop off registration**. We will notify you if you **DO NOT** receive your first choice. Payment is expected at the time of registration. Check or cash only. Families can register in the following order on the designated dates below. New swimmers will need to schedule a test to ensure the proper lane placement.

**Annual Fees/Family Discounts** There is a \$10 annual registration fee per person (up to 3 swimmers) due at registration. We offer a 10% discount off the second child, and 20% off the third child enrolled in **group lessons**. *Discounts do not apply to Nervous Beginner Classes or Swim Team*. Fees listed above are for programs 1x/week. **If you would like to progress faster**, and attend twice a week (or have various other payment combinations) the office will calculate your fees. The cost of lessons 2x/wk is \$11/class and \$12.50/class if you attend 1x/week.

**Make-Up Policy** We do not offer make-ups for missed classes/absences during the school year. We will provide family swim passes for lessons missed for any reason, including vacations, school activities, illness, etc. The passes can be used at any time during the school year, and an hour of practice in the pool, **will more than make-up** for their missed 40-minute lesson time. Also, history has demonstrated in that past that new faces in an existing class with a different teacher can be more disruptive than beneficial. Throughout the year, there will be lots of times when the ratio is even lower when other children are sick *or* on vacation. Lower ratio means more turns for your swimmer, and a higher quality lesson. Fees will not be adjusted due to vacation or illness.

**Refund Policy** We only give refunds if a swimmer (*not siblings*) has to drop a class due to extensive, long-term medical circumstances, *and* with 48-hours notice. However, the \$20 drop fee still applies. We cannot give a refund or credit **and** hold a time slot for a swimmer with an illness. So, if you want a refund for medical reasons, you will forfeit your time slot. If **you** decide to drop a class for a reason *other* than medical, we require 48-hours notice, but will credit your account, less a \$20 drop fee. No refunds for non-medical reasons. *No* refund or credit is given for swimmers who have obtained their tenth sticker; they are encouraged to continue lessons until the end of the session.

## Registration Dates

<b>7/27-7/31</b>	<b>RENEW</b> exact summer time slot by 11am Friday, July 31 <sup>st</sup> .
<b>8/3-8/7</b>	<b>MUST Change</b> because current time slot is <b>not</b> offered. (Also, includes, Fast Track, and Session I summer families)
<b>8/10-8/14</b>	<b>WANT to Change</b> your current time slot.
<b>8/17-8/19</b>	<b>PREVIOUSLY enrolled families.</b> (Mon. thru Wed. 11-5pm)
<b>8/20-8/21</b>	<b>'OPEN' registration for new families.</b> (Thurs & Fri. 11-5pm) Must have been tested prior to registering.
<b>8/24-ongoing</b>	<b>School Year Begins.</b> Registration continues year-round.



# 2009-2010 School-Year GENERAL INFORMATION & PROGRAMMING

## Rob Knight's Swim America (RKSA)

offers a variety of aquatic programs in a professional, warm and clean environment. Swim America, is the Nation's Leading Learn-to-Swim Program. You can start our program as early as fifteen months in our Baby n' Me Class. At age three (or 3 1/2) you may transition into group lessons. In order to enroll in group lessons, swimmers must be potty-trained, able to walk into the pool **without** parents (or crying), have experience being completely submerged, and able to do ten bobs **comfortably** under water. If your child has separation issues, you'll need to first enroll in our nervous beginner semi-privates classes. We will test every swimmer to ensure readiness and proper lane placement.

**LANE 1-5** Our lesson schedule allows you to bring children of different ages and ability levels at the same time. Students are grouped by ability level (not age) and placed appropriately in **Lanes 1-5**. Group lessons are most appropriate for swimmers age 3-12. **Lane 1** is for young swimmers who go under water comfortably, are learning to front and back float, and beginning to kick without any assistance. **Lane 2** swimmers practice kicking on their front/back *independently*, work on freestyle, and begin working on backstroke. **Lane 3** swimmers can kick and glide on their front and back 20 feet, can backstroke, and are working on freestyle with rhythmic breathing. **Lane 4** swimmers have mastered rhythmic breathing, can swim backstroke, and are learning breaststroke kick. **Lane 5** swimmers are working on breaststroke and butterfly, and refining freestyle and backstroke endurance.

**SWIM AMERICA STICKER CHART** All children in lessons will receive a Swim America chart to keep track of their progress. There are two skill charts with ten sticker levels; the **Pre-School Chart** and **School-Age Chart**. Once all skills have been mastered for a level, they receive a gold sticker for their chart. Occasionally, students are promoted to the next lane to work on more advanced skills. If students begin the program at age three, and do *not* complete all ten sticker levels, they will still graduate to the more advanced School-Age chart when they turn six years old. Our goal is to teach all students to be comfortable and relaxed in the water. **When this is accomplished, proper stroke skills may be learned resulting in a safer and more confident swimmer.** If a swimmer receives their tenth sticker in the middle of a session, they are expected to finish out the session in which they paid for - the learning will still continue. After swimmers have mastered all four competitive strokes, you may want to consider Swim Team. Please visit [www.bnswimclub.org](http://www.bnswimclub.org) for more details about Swim Team.

## RKSA PROGRAMMING

**Rob Knight's Swim America** offers a variety of aquatic programs for the entire family in a warm, (nearly 90 degrees), and clean environment:

- Group Lessons
- Baby n' Me, and Baby 3 & Me
- Young 3's (for swimmers who progressed from Baby n' Me/Baby 3 & Me)
  - Adult Lessons (beginner)
  - Adult Lessons (advanced)
- Nervous Beginner Semi-Privates
  - Private Lessons
  - Pre-Team

**GROUP LESSONS** To enroll in **group** lessons, children must be at least three years old, 100% potty-trained, comfortable going completely underwater, able to complete 10 bobs, sit still for a 40 minute class, and not cry out for Mom or Dad. If your child has never had under-water experience, or wears arm *floaties*, they should enroll in *Nervous Beginner Semi-Private* lessons, see below. New swimmers need to schedule a test before registering and we will place you in the appropriate class in lanes 1-5.

Students are grouped by ability, *not* age. “New swimmers” or “previous RKSA swimmers” who have taken a break need to schedule a test before registering and we will place you in the appropriate class in lanes 1-5. (See General Information for Lane descriptions/criteria).

“Three-across” classes are very beneficial, giving the swimmers experience in the deep water, and allows us to open up more beginner classes in the shallow area for Level 1 & 2. “Three across” classes *are not* for swimmers new to lane 3 or new to the program, who may need more hands on assistance. **For rapid progress**, we strongly recommend enrolling in lessons 2 times per week.

**NERVOUS BEGINNER SEMI-PRIVATE LESSONS** These lessons are required for young beginners, ages 3-6, who **have not** had previous lessons, and are **not** ready for a group environment (see group lessons above). The purpose of this transitional class is to teach beginners how to be comfortable going completely under water. Once they can comfortably go under water and retrieve treasure, complete 10 relaxed bobs, stay in a back float position with assistance, and jump from the side, they can progress to Group Lessons where they’ll start the learn-to-swim process. There are two children in a 30-minute lesson. **The cost is \$20 each and must be paid in advance.** We have a 48-hour cancellation policy. If you have to cancel for *any reason* and give us less than 48 hours notice, we will have to charge you for the lesson. Children must be three years old, and completely potty-trained.

**BABY N’ ME** This is a fun class with one parent *and* one child 15-36 months in the water. The program focuses on water adaptation, front/back floating, and water exploration using song and water toys. Children who have been enrolled in our baby classes typically transition smoothly into group lessons and are ready to learn to swim at age three, *without* a parent. Once your swimmer is three years and potty-trained, they *may* potentially be ready to graduate to our Young 3’s Class, or Group Lessons. A plastic swim diaper required (no disposables). **Kathy & Bobbie-Jo, Instructors.** (4min/7 maximum) **Monday 7:15pm, Wednesday 10:30am Thursday 7:15pm.**

**BABY 3 N’ ME** Baby 3 is similar to our other Baby n’ Me program, with one parent in the water. However, it is more age appropriate for three year olds who have had not been previously enrolled in classes, and have had limited submersions. Age range is 33-38 months. **Tuesday 7:15pm. Bobbie-Jo, Instructor.**

**YOUNG 3’S CLASS** Young 3’s is for confident swimmers, typically between 34-40 months and potty-trained, who have been through our Baby Program, but are *not* ready for the structure and the maturity level group lesson requires. Young 3’s incorporate fun songs and swimming toys *without* parents in the water. We will simply schedule a five minute test with Ms. Kathy to ensure readiness. The goal is to graduate to Group Lessons and start on the Swim America Pre-School Chart. **Kathy, Instructor. Wednesday 11:05am.** 3-4 swimmers per class.

**ADULT SWIMMING LESSONS** We offer a Beginner Adult Class for adults who want to learn to swim, but are not comfortable practicing in deep water. The Beginner Class will concentrate on breath control, and floating/gliding on their front and back. They will then progress to freestyle and backstroke. Once swimmers have mastered freestyle with rhythmic/side breathing, and can swim backstroke, they will advance to the Advanced Adult Class in the deep end. **Beginner - Wednesday 7:15pm, Advanced -Tuesday 7:15pm.**

**PRIVATE (OR SEMI-PRIVATE) LESSONS** Privates are limited during the school-year because of pool availability. However if you are able to come in the morning we will have openings for children or adults. **If you want to schedule a semi-private, you need to have both swimmers of similar ability,** or you will need to schedule privates. If you would like to schedule a private lesson call the office and ask for Chris or Jen @ 828-7946.

**PRE-TEAM** This program is designed for competitive swimmers, ages 5-7, who need refinement on their stroke technique *or* endurance in preparation to join **our year-round** USA swim team, Bloomington Normal Swim Club (BNSC). Pre-Team requires attendance **2x/week**. If your schedule only allows you to attend one pre-team class, you'll need to attend one evening *group* lesson. If you have questions about pre-team ask Coach Molly or Chris. In addition to stroke technique, we'll also have an emphasis on racing starts and official rules of swimming to prevent disqualification. The goal is to prepare swimmers to advance to our swim team, Bloomington Normal Swim Club and join the Developmental training group which practices at ISU's Metcalf Pool. [www.bnswimclub.org](http://www.bnswimclub.org) If swimmers have 8-10 stickers on their School-Age Swim America chart, they *should* qualify for our Developmental Training Group that practices at ISU's Metcalf Pool. You can ask for a handout in the office, or check on the website, under New Prospects/General Information icon.

## **GENERAL INFORMATION**

**Make-Up Policy:** We do not offer make-ups for missed classes/absences during the school year. We will provide family swim passes for lessons missed for any reason, including vacations, school activities, illness, etc. The passes can be used at any time during the school year, and an hour of practice in the pool, will more than make-up for their missed 40-minute lesson time. Also, history shows putting strange faces in an existing class with a different teacher can be more disruptive than beneficial. And, throughout the year, there will be lots of times when the ratio is even lower when other children are sick *or* on vacation. Lower ratio means more turns for your swimmer, and a higher quality lesson. Fees will not be adjusted due to vacation or illness.

**Refund Policy:** We give refunds when you have to drop a class due to extensive, long-term medical circumstances for the swimmer (only, not siblings), *and* if proper notification is given regarding the dropped class minus a \$20 administrative fee. If you decide to drop a class for any other reason and 48-hours notice is given, we will credit your account, less a \$20 drop fee. We cannot give a refund or credit *and* hold a time slot for a swimmer because of our small class sizes.

**Goggles/Cap/Diaper Policy:** Swimmers are required to have their own goggles. Children with shoulder-length hair need to wear a swim cap. Children swim much better when they don't have hair in their eyes. The Illinois Health Department law indicates babies need to wear a plastic water diaper (no disposables). Check out our selection in the Pro Shop.

**Dressing Areas:** We have large locker rooms including a unisex dressing area for younger children who need parent's assistance. Adjacent is the boys/men locker room and at the other end of the pool area is the girls' locker room. Please be sure to use the appropriate locker rooms. We ask that *no* boys over age 3 use the girls' locker room. There are plenty of showers available. We have soap and shampoo dispensers for your convenience. After showering, please dry off on the blue decking so the floor is dry and safe.

**Play Area:** There is a large play area designed to entertain the siblings of the children in lessons. All children are welcome to use this area. The Health Department recommends we have NO food/drink in our pool area. Snacks need to be eaten in the play area. **Please pick up the toys and any food before leaving everyday.**

**Parking:** The best place to park is in the lot across the street from the building at Jefferson and McLean streets. After 5pm, you may park in the State Farm lot, catty corner from the building. There is also a small lot adjacent to the building *or* you may park on the street. To find the pool, enter the door by the adjacent parking lot, turn left and come down the stairs.

**Instructor Ratio:** Our child to instructor ratio is 4:1 for Group Lessons. After school, we usually have five classes at the same time; this allows you to enroll siblings at the same time. However, based on enrollment, occasionally we will combine Lanes 4 & 5 (or may have to cancel a class), but would never have more than four swimmers in a group. If you have any concerns about your child's lesson, please see the **Deck Person** in the pool area as soon as possible. Your feedback to the **Deck Person** is helpful, recommended, and appreciated!

**Birthday Parties:** Hours are Saturdays between 2-4pm. Pool rental is \$45 an hour for 12 swimmers; you can rent the playroom area for cake and presents for an additional \$25 for a 1/2 hour; \$35 for an hour. Our PRIVATE birthday parties are 'a hit' with the kids and parents!! **Also, if your Moms Morning Out Group, Home School Organization, etc., would like to set up a daytime Open Swim date, please contact Jen or Chris in the office.**

**Important Notices:** Notes are always posted at the entrance to Swim America (under the sign at the bottom of the stairs), and on the bulletin boards in the Unisex Dressing Room and Girls Locker Room.

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