



Rob Knight's Swim America 2009 Summer Programming June 1- August 7

RKSA Programming Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:40-9:40am Pre-Team		8:25-9:00 Young 3's		8:40-9:40am Pre-Team
*9-9:40Lesson	9-9:40am Lesson	9-9:35 Baby n' Me/ 3Acr	9-9:40 Lesson	
9:45-10:25am Lesson	9:45-10:25am Lesson	9:45-10:25am Lesson	9:45-10:25am Lesson	9:45-10:25am Lesson
10:30-11:10am Less	10:30-11:10am Less	10:30-11:10am Less.	10:30-11:10am Less	*10:30-11:10am Less
11:15 Fast Track	11:15 Fast Track	11:15 Fast Track	11:15 Fast Track	Nerv. Semi-Priv. 11:30
		12-12:40pm Make-ups		Nerv. Semi-Priv 12:00
Daycare Open Swim-	Daycare Open Swim	-Daycare Open Swim-	Daycare Open Swim	Nerv. Semi-Priv. 12:30
3:30-4:10pm Lesson	3:30-4:10pm Lesson	3:30-4:10pm Lesson	3:30-4:10pm Lesson	
4:15-4:55 Lesson	4:15-4:55 Lesson	4:15-4:55pm Lesson	4:15-4:55pm Lesson	
5-5:40pm Lesson	5-5:40pm Lesson	5-5:40pm Lesson	5:00-5:40pm Lesson	
5:45-6:25pm Lesson	5:45-6:25pm Lesson	5:45-6:25pm Lesson	5:45-6:25 Lesson	
6:30-7:10pm Lesson	6:30-7:05pm Baby/3Acr.	*6:30-7:10pm Lesson	6:30-7:10 Lesson	
7:10-7:50 Baby/ 3 Acr.	7:05-7:35 Baby 3' Me	7:10 Beg. Adult/Adv. Adult	7:10-7:40 Nerv.Semi-P	

Bold Type above indicates "Three-Across" classes. **Lane 3 swims** in the **deep** end. No Lanes 4 or 5 at those times.
***Asterisk** (non-bold) indicates only Lanes 1-3 are offered in the shallow end.

Registration Dates

All new swimmers (except Baby n' Me, and Nervous Beginner Semi-Private) need to schedule a test to ensure proper group placement **BEFORE** registering on the date listed below. Currently registered swimmers do not need to re-register, just pay by the date below. We will process all registration requests in the order listed below. If you are **not** renewing your current time slot, please list three choices on your registration form, and we will notify you if you **DO NOT** receive your first choice. **We accept checks and cash only for payment.** If you are interested in private lessons, the earliest we can schedule those lessons is *on* or after, Wednesday, May 27, when we know the instructor summer schedules.

- 4/20-4/30 - **Renew** current time slot - (10 wk. Option **only**).
- 5/1 -5/2 - **Have to Change** Your current time slot isn't offered (10-wk. Option or Fast Trak)
- 5/4-5/9 - **Want to change** current slot for different. (10-wk. Option only) M-Sat.
- 5/11-5/13 - **Previous** Swim America families (10- wk. Option only). M-Wed.
- 5/14- **Open Registration** (10-wk. option only). Thursday
- 5/15 -**Session I** only.
- 5/16 -**Session II** only.
- 5/18-**On-going** registration for all programming except Privates
- 5/27 -**Private** Lessons

Office hours: Now thru 5/24, Mon.-Fri. 3:30-7pm & Sat. 9-11am.



2009 Summer Fees



FEES/DISCOUNTS Summer is an excellent time to make rapid progress by enrolling in lessons 2-4x per week, and we have several options that can accommodate your busy schedule. The cost of group programs including Lessons, Pre-Team, Baby n' Me, Baby 3 & Me, Young 3's, and Adult are **\$11.00 per class for 2x/week and \$12.50 per class for 1x/week**. We offer a 10% discount for the second family member enrolled and a 20% discount for the third or more family members enrolled at the same time in other summer programs, excluding Swim Team and Privates/Semi-privates. There is a \$10 annual registration fee per swimmer.

Families registering for Option A or Fast Trak will register first before we open up single session options (Option B- Session I or Session II only). If you prefer not to pay the entire amount at registration, you may pay the fees for Session I, and put down a \$10 non-refundable deposit *per swimmer* for Session II. The balance is due **by Friday June 26**. We can help you calculate the fees for combinations not listed below. We accept cash and checks only for payment.

Option A: 10-WEEK Plan June 1 – August 7

2x/Week for 10 Weeks

1 child	2 children (10% disc.)	3 children (20% disc.)
\$220	\$418	\$594

Maintenance Plan

1x/Week for 10 Weeks

1 child	2 children (10% disc.)	3 children (20% disc.)
\$125	\$238	\$338

Option B: SINGLE SESSION Plan Session I – 5 Weeks 6/1-7/3 Session II – 5 Weeks 7/6-8/7

This option is ideal for families who are not in town all summer or prefer to make a shorter commitment. We offer the 1x/wk option for convenience purposes, but do not recommend that option for children who are beginners and are just learning to swim. If you register for Session I, and later decide to continue into Session II, you may put down a \$10 non-refundable deposit per swimmer for Session II, if the time slot is open. You will have to register for Option B, AFTER everyone has registered for Option A. If Option B does not fit into your plans, see the *Fast Trak* or *Private* Option.

Session I

2x/Week 6/1 - 7/3 (10 lessons)

1 child	2 children (10% disc.)	3 children (20% disc.)
\$110	\$209	\$297

1x/Week - 6/1 - 7/3 (5 lessons)

1 child	2 children (10% disc.)	3 children (20% disc.)
\$63	\$119	\$169

Session II

2x/Week 7/6 - 8/7 (10 lessons)

1 child	2 children (10% disc.)	3 children (20% disc.)
\$110	\$209	\$297

1x/Week 7/6 - 8/7 (5 lessons)

1 child	2 children (10% disc.)	3 children (20% disc.)
\$63	\$119	\$169

Option C: Fast Trak Plan \$44/ week Monday through Thursday. Registration fees also apply. Available June 8 through the week of July 30 (8 weeks). **Not** available the week of 6/1 & 8/3.

Option D: Private, Semi-Private, or Nervous Beginners Semi-Privates *Privates* are 6 for \$135 or \$25 each; *Semi-Privates* are 6 for \$110 or \$20 each for 40-minute lessons. You must provide both swimmers of similar ability for a semi-private class. *Nervous beginner Semi-Privates* are \$20 each for 30-minutes, but we provide the second swimmer. No sibling discounts, and annual registration fees may apply.

SWIM TEAM 6/1-7/26. Check out the website for information and fees: www.bnswimclub.org There are no lesson and team combination discounts. Payment and registration for Team is NOT handled at our RKSA pool. Email **Coach Rob Knight for inquiries and administrative questions.** There is a link on the front page of the team site for interested swimmers: 'New Prospects/General Information'



RKSA PROGRAMMING INFORMATION



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**
- **Fast Trak**
- **Baby n' Me, and Baby 3 & Me**
- **Young 3's**
- **Adult Lessons**
- ***Privates and Semi-Privates**
- **Adult Lessons**
- **Nervous Beginner Semi-Privates**
- **Pre-Team**

*Between the morning and evening classes 12-3:30pm, we offer private and semi-private lessons for swimmers seeking customized personal service. We also host Open Swim to local daycare facilities. We *do not* have Open Swim during the summer when our outside community pools open.

GROUP LESSONS Our swimming lessons 'group programming' allow you to bring children of different ages and ability at the same time. Students are grouped by ability, *not* age. The goal is to teach all students to be comfortable and relaxed in the water so proper stroke skills may be learned resulting in a safer and more confident swimmer. All children in group lessons will receive a Swim America chart to keep track of their progress. There are two skill charts with ten sticker levels. New swimmers need to schedule a test before registering and we will place you in the appropriate class in lanes 1-5 or Young 3's. Children who have not had under water experience, should see Nervous Beginner lessons below (and comprehensive information on the front page of our website). In group lessons, **Lane 1** is for younger swimmers, ages 3-6, who go under water comfortably, are learning to front and back float *and* beginning to kick. **Lane 2** swimmers can kick on their front/back independently, and are working on freestyle/backstroke. **Lane 3** swimmers can kick and glide on their front/back 20 feet, and are working on freestyle with rhythmic breathing and may begin to learn breaststroke. **Lane 4** swimmers have mastered rhythmic, can swim backstroke, are learning to tread water, and are introduced to breaststroke kick. **Lane 5** swimmers are working on breaststroke, butterfly, and refining freestyle/backstroke.

To enroll in **group** lessons, children must be at least three years old, 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 been shown how to go under, or wears arm *floaties*, they should enroll in *Nervous Beginner Semi-private* lessons. **BOLD type on the lessons' schedule above indicates ONLY Lane 1-3 swimmers can enroll for that time slot.** Lane 3 level children will swim in the deep end. "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 over the entire 10-week session.

FAST TRAK PLAN The fast trak program is a 1-week program which runs 8 consecutive weeks, from 6/8-7/30. This is designed for swimmers in any lane who want fast progress in a short period of time and is perfect for visiting grandchildren. Lessons are **Monday through Thursday 11:15-11:55am**. You can register for as many weeks as you like. You will not have the same instructor all four days. We recommend signing up for two weeks for better progress. No make-ups for missed classes. **Cost \$44/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. See the front page of our website for more details. Lessons are **Thursday at 7:10pm** with Ms. Bobbie-Jo, **and Fridays 11:30-1pm** with Ms. Kathy.

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 by Fall. **Kathy Waropay, Instructor.** 3-4 swimmers per class.

BABY N' ME This is a fun class with one parent *and* one child 15-36 months, and 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). We do not offer a Baby II class, since we've added our Young 3's Class and Baby 3 n' Me. **Kathy & Bobbie-Jo, Instructors.** (4min/7 maximum) **Monday 7:10, Tuesday 7pm, Wednesday 9am**

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 7:05pm.**
Bobbie-Jo, Instructor.

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 can advance to the Advanced Adult Class in the deep end. **Wednesday 7:10pm**

PRE-TEAM This program is designed for competitive swimmers, ages 5-7, who need refinement on their stroke technique *or* endurance in preparation to race for our team in the Twin Cities Summer Swim Conference. The goal is to prepare swimmers to advance to our swim team, Bloomington Normal Swim Club and join the Developmental training group. www.bnswimclub.org In addition to stroke technique, we'll also have an emphasis on racing starts and official rules of swimming to prevent disqualification. 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. Pre-Team requires attendance 2x/week. If your schedule only allows you to attend one morning pre-team class, you'll need to attend one evening *group* lesson. This program is only offered through Friday, July 26, which is the end of the Summer Rec League Program. **Monday & Friday 8:40-9:40am**

PRIVATE (OR SEMI-PRIVATE) LESSONS Private lessons are designed for children or adults who seek personalized private instruction, and are ideal when swimmer's age or ability level would make them uncomfortable in a group environment. Privates are scheduled between our morning and evening classes 12-3:30pm. **If you want to schedule a semi-private, you need to have both swimmers of similar ability,** or you need to schedule privates. Register after 5/27 when the teachers' schedules are finalized.

RKSA General Information and Policies

SUMMER VACATION MAKE-UP/ CANCELLATION POLICIES During the summer, we **do** have a vacation make-up policy for Group Lessons on Wednesday at 12:00pm, and Baby n' Me when there is an opening (because someone is absent.) However, we do **not offer make-ups or credits** for Young 3's, Pre-Team, Adult, and Nervous Beginner Semi-Privates because those classes require a specialty teacher and pool environment. We will rescheduled missed lessons because of school in session (for some) the week of June 1. We always keep our class sizes SMALL, and when swimmers miss a class, the class size is even smaller, which allows more turns and attention for your child. We prefer to keep the class sizes smaller, as opposed to putting strange faces in an existing class when we know someone is going to be absent. Most families appreciate keeping the integrity of their class and *not* having different (make-up) faces in their child's class.

The number of make-ups for Group Lessons you receive for vacation depends on how many times a week you're registered. If you swim 1x/week, you may have 1 make-up for vacation; 2 make-ups if enrolled 2x/week, etc. If you swim 2x/week in both sessions, you only receive 2 make-ups **total**, *not* 2 make-ups per session. We have one designated make-up time for lessons most Wednesday at 12:00pm. *We may put five swimmers in a designated make-up class.* If you need to schedule a make-up for Baby n' Me, stop in the office. If the class is full, you'll need to wait until another family notifies us of their absence to re-schedule. We require a 48-hour cancellation notice for Nervous Beginner semi-private classes, **or you will be charged**. We give refunds for medical conditions only, minus a \$20 drop fee per swimmer. If you decide **not** to continue a class for any other reason, we will credit your account, less a \$20 drop fee per swimmer.

INSTRUCTOR/STUDENT RATIO/DECK PERSON In group lessons, we pride ourselves on a small group ratio of 4 students to 1 teacher. During the summer we often will combine Lanes 4 & 5 depending on enrollment and ability levels, but we will still uphold the 4-swimmer maximum. Occasionally we may ask you to move your lesson time slightly if we do not have three swimmers enrolled in a class. The deck person (DP) is the contact to your child's swim instructor, so please communicate any questions or concerns to them. We want all customers to be 100% satisfied and hope you will communicate with the DP if you need any clarification regarding your child's skills or progress. Like everything else in life, the more you practice, the faster you progress. If you have a lesson only once a week, and *do not* practice before you return, your progress will be significantly reduced from those children who have regular attendance at pools and practice their skills. Even attending swimming pools just for fun is extremely beneficial for beginners. Historically, we give more stickers in the summer, because children have much more exposure to pools.

Goggles/Cap Policy Swimmers are required to have their own goggles. Children with shoulder-length hair need to wear a swim cap. Check out our selection in the Pro Shop.

Dressing Areas: We have large locker rooms including a unisex dressing area for young 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. **No boys over 3 years old** in the girls' locker room *please*. **No females in the boy's locker room**, either, *please*. Swimmers should be sure to dry off on the blue decking so the floor is dry & safe.

Directions to our Facility: Our address is: 510 E. Washington Street, and you can park in the lot attached to the pool that is around the back of the building at McLean and Jefferson streets. There is another lot north of the building, and across the street (enter off McLean Street), and you can park on the side streets. After 4:30pm, the State Farm lot is available for overflow parking (caddy corner from our building.)

www.robknightswimamerica.com 828-7946