

Spring 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.

SPRING 2010
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: April 10, 17, 24

Infant/mixed: 8:00-8:40a.m.

Infant Class: 9:00-9:40 a.m.

Toddler Class: 9:40-10:20 a.m.

Tuesday: 9:20-10:00 a.m.

Session 1: March 9, 16, 23

Session 2: April 6, 13, 20

Thursday: 9:20-10:00 a.m.

Session 1: March 11, 18, 25

Session 2: April 8, 15, 22

Thursday: 1:20-2:00p.m.

April 8, 15, 22

- **Cost: \$18.00 for 3 sessions**
- **(\$16 for second child)**

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 held in the Wellness Pool

Saturday: April 10, 17, 24, May 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 & older: 11:10-11:50 a.m.

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

Monday: 4:30-5:10p.m.

April 5, 12, 19, 26

- **Cost: \$24.00 for 4 lessons**
- **(\$22 for second child)**

Please keep this form for your records

SPRING 2010: 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 & Tot

Saturday: Infant/mixed Class (8:00-8:40)
Infant Class (9-9:40a.m.)
Toddler Class (9:40-10:20)

Tuesday: Session 1 Session 2

Thursday: Session 1 Session 2

Thursday: 1:20p.m. class

Learn to Swim

Saturday: 4-5 year olds (10:30-11:10)

6-7 year olds (11:10-11:50)

Monday: 4:30-5:10 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 or 717-867-6367