



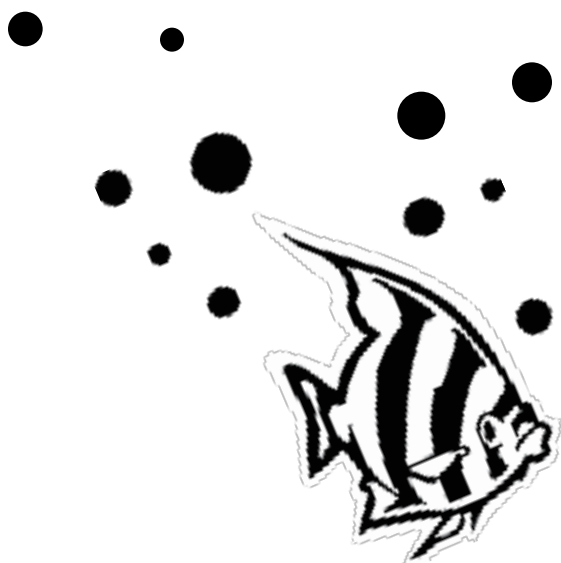
MEREDITH
COLLEGE

2009 Summer Swim Program for Children

For Information Call: Office of Community Programs at **(919) 760-8450**.

Summer Swim classes are for children (minimum age 3) at all levels of swimming ability.

Classes last approximately 45 minutes.



There will be a pre-registration open house for previous swimmers, alums, faculty and staff on Saturday, February 28.

Registration for the public will begin Monday, March 9, 9:00 am - noon in the Johnson Hall Rotunda. After March 9, registration remains open until all spaces have been filled. No online registration is available for Swim Camp.

Registration forms may be mailed or hand-delivered beginning March 10 to the Office of Community Programs located in the Marketing Office, 3rd floor Johnson Hall. Business hours are 9 a.m. – 4 p.m., Monday – Thursday and 9 a.m. – noon on Fridays.

Facilities

Meredith College is located at the junction of I-440 and Hillsborough Street. The indoor pool is located in the Weatherspoon Physical Education/Dance Building on the back side of the campus.

Registration/Refund Policy

Please complete the registration form and mail it to Community Programs. You will receive a confirmation by mail of receipt of your registration and payment. Refunds will be issued for the full amount minus a \$35 administrative fee if you cancel three weeks prior to the start of the first class. No refunds will be allowed after this time.

Fees (per session)

One child—\$80
Two or more siblings—\$70 per child

Please Note!

The Office of Community Programs has MOVED! We are now located on the 3rd floor of Johnson Hall in the Marketing Office. We'll see you there.

Meredith College does not discriminate on the basis of race, creed, national or ethnic origin, age or disability.

www.meredith.edu

2009 Swim Registration Form

Check the class(es) for which you are registering:

Name (1) _____

Age _____ Sex _____ #Yrs. previous lessons _____

Name (2) _____

Age _____ Sex _____ #Yrs. previous lessons _____

Name (3) _____

Age _____ Sex _____ #Yrs. previous lessons _____

Name (4) _____

Age _____ Sex _____ #Yrs. previous lessons _____

Parent Name _____

Address _____

City/State/ZIP _____

Telephone (H) _____ (W) _____

Cell _____ Email _____

Session 1:
June 15-18 &
June 22-25
M-TH

	Child 1	Child 2	Child 3	Child 4
8:45	_____	_____	_____	_____
9:45	_____	_____	_____	_____
10:45	_____	_____	_____	_____
11:45	_____	_____	_____	_____

Session 2:
June 29-July 2
& July 6-9
M-Th

	Child 1	Child 2	Child 3	Child 4
8:45	_____	_____	_____	_____
9:45	_____	_____	_____	_____
10:45	_____	_____	_____	_____
11:45	_____	_____	_____	_____

Session 3:
July 13-16 &
20-23
M-TH

	Child 1	Child 2	Child 3	Child 4
8:45	_____	_____	_____	_____
9:45	_____	_____	_____	_____
10:45	_____	_____	_____	_____
11:45	_____	_____	_____	_____

Many programs fill up quickly. Include your 1st, 2nd and 3rd choice. You will be notified by the end of March of your swim assignment.

Indicate Skill Level of Each Child Below:

Level 1 (Pre-Beginner) Introduction to Water Skills—helps students feel comfortable in the water and to enjoy the water safety. (No prior lessons. Unable to swim.) _____

Level 2 (Beginner) Fundamental Aquatic Skills—gives students success with fundamental skills. (Can put face in the water, kick unsupported on front and back, but unable to swim in deep water.) _____

Level 3 (Advanced Beginner) Stroke Development—builds on the skills in Level 2 by providing additional guided practice. (Can swim on front and back using kick and arm action the length of the pool. Can jump into deep water.) _____

Level 4 (Pre-Intermediate) Stroke Improvement—develops confidence in the strokes learned and to improve other aquatic skills. (Can coordinate arm stroke on front with breathing on side. Can coordinate back crawl and elementary backstroke 20 yards. Can dive from side of pool.) _____

Level 5 (Intermediate) Stroke Refinement—provides further coordination and refinement of strokes. (Can swim front crawl, back crawl, elementary backstroke, breaststroke and sidestroke 50 yards.) _____

Level 6 (Swimmer—Offered only at 8:45 and 11:45 a.m.) Swimming and Skill Proficiency—refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Please check session and time and choose Fitness Swimmer or Lifeguard Readiness. _____

Fitness Swimmer: Emphasis on advanced skills. Pre-assessment and post-assessment of swimmer. Introduced to various training techniques

	Child 1	Child 2	Child 3	Child 4
Session 1: 8:45	_____	_____	_____	_____
Session 2: 11:45	_____	_____	_____	_____
Session 3: 8:45	_____	_____	_____	_____

Lifeguard Readiness: Emphasis on advanced skills. Beginning preparations for lifeguard certification. Use of rescue tube and other life saving equipment.

	Child 1	Child 2	Child 3	Child 4
Session 1: 11:45	_____	_____	_____	_____
Session 2: 8:45	_____	_____	_____	_____
Session 3: 11:45	_____	_____	_____	_____

Please make checks payable to "Meredith College" and mail registration and payment to:
Meredith College, Office of Community Programs, 3800 Hillsborough Street, Raleigh, NC 27607-5298

Payment: Cash _____ Check _____ Mastercard _____ Visa _____ Card # _____ Exp. Date _____

Amount of Payment \$ _____ (one child—\$80 / two or more siblings—\$70 per child)