



# CEDAR VALLEY SPORTSPLEX

## Summer 2024 Swim Lessons



Water safety begins with learning how to swim. Enrolling your child in classes is the first step in educating your child about the importance of learning to swim. Preschool through Level 6 classes are offered in two week sessions meeting Monday-Thursday both weeks (8 classes total). Infant and Toddler classes are offered in one week sessions meeting Monday-Thursday (4 classes total) with Infant classes meeting the first week of the session and Toddler classes meeting the second week of the session. All class meetings are 40 minutes. Fridays of each week will be used for make-up days. Please be aware, we will no longer be offering end of session Fun Days.

**ENTROLLMENT:** Class size is limited in order to provide the best learning environment. Once a class is filled, no one else may enroll. Your name may be placed on a waiting list and if there is an opening, we will notify you.

**CANCELLATIONS:** Decisions to cancel lessons due to inclement weather will be made at least 30 minutes before the start of each class time. Cancellations will be posted on our website [www.CVSportsPlex.org](http://www.CVSportsPlex.org) and the Facebook page. You can also contact your lesson location for up-to-date information.

**REFUNDS:** Full refunds will be given if the request is submitted no later than 10 days prior to the program start date. Refund requests submitted less than 10 days before the start date will be charged a \$15.00 withdrawal fee. Requests for refunds submitted after the event start date or completion of the program will not be considered. Refunds for medical situations will be considered on a case by case basis.

**LAST-MINUTE TRANSFER POLICY:** Participants who wish to transfer to a different class within 10 days of the first day of the lessons will be charged a \$10 transfer fee. The participant may transfer as long as there is room available in the class.

**Cedar Valley SportsPlex | 319.291.0165**

**Byrnes | 319.291.4453**

**SITES:** Byrnes (Outdoor Pool) & Cedar Valley SportsPlex (Indoor Pool)

**REGISTRATION BEGINS:** Monday, February 12 at 8:00 AM

**REGISTRATION DEADLINES:** Session 1—5/29 | Session 2—6/12 | Session 3—7/3 | Session 4—7/17

**REGISTER ONLINE:** [CLICK HERE](#) · **PHONE:** 319.291.0165 · **IN-PERSON**

### **INFANT (PARENT-CHILD)—4 Classes | \$30 (CVSP Member \$25)**

Infant classes are designed for children 6-18 months. Parents must be in the water with their child at all times. Infant classes allow children to acclimate to the water while developing basic swimming and water safety skills.

### **TODDLER (PARENT-CHILD)—4 Classes | \$30 (CVSP Member \$25)**

Toddler classes are designed for children 18 months – 3 years of age. Parents must be in the water with their child at all times. Toddler classes allow children to gain a sense of comfort and independence in the water. Children will be introduced to basic swim skills and techniques that will prepare them for entering preschool age lessons.

### **PRESCHOOL 1—SWIM BASICS | \$40 (CVSP Member \$35)**

Preschool 1 classes are designed for children ages 3 to 5 years old. Preschool 1 allows students to develop basic swimming skills while becoming more confident in the water. If necessary, parents may be asked to enter the water. Skills are performed with support from an instructor or assisted using provided equipment.

### **PRESCHOOL 2—SWIM FUNDAMENTALS | \$40 (CVSP Member \$35)**

Preschool 2 classes are designed for children ages 3 to 5 years old. Preschool 2 focuses on fundamental swimming skills and movement through the water. Students will also be introduced to basic self-rescue skills. Most skills are performed independently or assisted using provided equipment. Children must be comfortable in the water without a parent present.

### **LEVEL 1 (Minimum Age: 5 yrs or passed Preschool 2) | \$45 (CVSP Member \$37)**

Level 1 is designed for children ages 5 years and older or for children who have successfully passed Preschool 2. This class allows students to develop fundamental swimming skills such as breath control and body control. Students will learn to coordinate floating and kicking and be introduced to freestyle. Students will also develop basic self-rescue skills in shallow and deeper water.

### **LEVEL 2 | \$45 (CVSP Member \$37)**

Level 2 focuses on refining the fundamental skills learned in Level 1. Students will work on coordinating freestyle and be introduced to the elementary backstroke, backstroke, and treading water. Students will also begin to develop basic survival skills in deep water.

### **LEVEL 3 | \$45 (CVSP Member \$37)**

Level 3 is focused on refining freestyle, elementary backstroke, backstroke. Students will also be introduced to the breaststroke kick and breaststroke sequence. Students will continue to build upon survival skills learned into Level 2, including treading water.

### **LEVEL 4 | \$45 (CVSP Member \$37)**

Students will work on refining all strokes and coordinating breaststroke. Students will learn the sidestroke and be introduced to basic diving technique. Basic water rescue skills are also taught in Level 3.

### **LEVEL 5 | \$45 (CVSP Member \$37)**

Students will work on refining the breaststroke and sidestroke. Students will be introduced to open turns, flip turns, and the dolphin kick. Students will build on water rescue skills learned from Level 4.

### **LEVEL 6 | \$45 (CVSP Member \$37)**

Students will build endurance while refining all swim strokes. Students will be introduced to the butterfly stroke and learn about swimming for exercise, swim team, and lifeguarding.

<b>BYRNES POOL</b> <b>BYRNES 1</b> <b>JUN 3—13</b> <u><b>10:00 AM</b></u> Preschool 1 Preschool 2 Level 1 Level 3 Level 4  <u><b>10:50 AM</b></u> Preschool 1 Preschool 2 Level 2 Level 3 Level 5 Level 6  <u><b>11:40 AM</b></u> Preschool 1 Preschool 2 Level 1 Level 2 Level 4  <u><b>4:35 PM</b></u> Preschool 1 Preschool 2 Level 1 Level 2 Level 3 Level 4 Level 5  <u><b>5:25 PM</b></u> Preschool 1 Preschool 2 Level 1 Level 2 Level 3 Level 5 Level 6	<b>BYRNES POOL</b> <b>BYRNES 2</b> <b>JUN 17—27</b> <u><b>10:00 AM</b></u> Preschool 1 Preschool 2 Level 1 Level 2 Level 3  <u><b>10:50 AM</b></u> Preschool 1 Preschool 2 Level 1 Level 3 Level 4  <u><b>11:40 AM</b></u> Level 1 Level 2 Level 3 Level 5 Level 6  <u><b>4:35 PM</b></u> Infant (Jun 17-20) Toddler (Jun 24-27) Level 1 Level 2 Level 3 Level 4 Level 6  <u><b>5:25 PM</b></u> Preschool 1 Preschool 2 Level 1 Level 2 Level 3 Level 4 Level 5	<b>BYRNES POOL</b> <b>BYRNES 3</b> <b>JUL 8—18</b> <u><b>10:00 AM</b></u> Preschool 1 Preschool 2 Level 1 Level 2 Level 3  <u><b>10:50 AM</b></u> Infant (Jul 8-11) Toddler (Jul 15-18) Level 1 Level 2 Level 5 Level 6  <u><b>11:40 AM</b></u> Preschool 1 Preschool 2 Level 2 Level 3 Level 4  <u><b>4:35 PM</b></u> Preschool 1 Preschool 2 Level 1 Level 2 Level 3 Level 4  <u><b>5:25 PM</b></u> Preschool 1 Preschool 2 Level 2 Level 3 Level 4 Level 5 Level 6	<b>BYRNES POOL</b> <b>BYRNES 4</b> <b>JUL 22—AUG 1</b> <u><b>10:00 AM</b></u> Preschool 1 Preschool 2 Level 1 Level 2  <u><b>10:50 AM</b></u> Preschool 1 Preschool 2 Level 1 Level 3  <u><b>11:40 AM</b></u> Level 1 Level 4 Level 5 Level 6  <u><b>4:35 PM</b></u> Infant (Jul 22-25) Toddler (Jul 29-Aug 1) Level 1 Level 2 Level 3  <u><b>5:25 PM</b></u> Preschool 1 Preschool 2 Level 2 Level 4	<b>CVSP POOL</b> <b>CVSP 1</b> <b>JUN 3—13</b> <u><b>10:00 AM</b></u> Preschool 1 Preschool 2 Level 1  <u><b>10:50 AM</b></u> Preschool 1 Preschool 2 Level 2  <b>CVSP 2</b> <b>JUN 17—27</b> <u><b>10:00 AM</b></u> Preschool 1 Preschool 2 Level 1  <u><b>10:50 AM</b></u> Infant (Jun 17-20) Toddler (Jun 24-27) Level 1 Level 2
--	---	---	---	---

Primary Contact Name: Last \_\_\_\_\_ First \_\_\_\_\_

Address: Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ ☐ Cell ☐ Home Email: \_\_\_\_\_

The Cedar Valley SportsPlex is committed to inclusion. Does your child require any modifications to help him/her be successful? \_\_\_\_\_

#### Participant Information

Pool	Session / Time	Level	Last Name, First Name	Birthdate	M or F	Fee
						\$
						\$
						\$

☐ VISA    ☐ MasterCard    ☐ Discover    Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVV: \_\_\_\_\_  
☐ Cash    ☐ Check

I hereby authorize my son/daughter to register to participate in the above stated program(s) sponsored by the Cedar Valley SportsPlex. I understand that this (these) program(s), like most programs similar in nature, has (have) some degree of inherent risk involved. I understand that the participants must assume full responsibility for bodily injury incurred while taking part in the activity(ies). No accident insurance is provided through the City of Waterloo. I grant Cedar Valley SportsPlex permission to use pictures or videos taken of my child during participation in programs. I waive my right to inspection or compensation. **COVID-19 Release of Liability:** The City of Waterloo, Waterloo Leisure Services and the Cedar Valley SportsPlex are committed to conducting its recreation programs and activities in the safest manner possible and holds the safety of the participants in the highest possible regard. Participants and parents/guardians registering their child/ward in recreation programs must recognize however, that there is an inherent risk of injury when choosing to participate in recreation activities. **The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies does exist, and it is impossible to eliminate the risk that participants could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease.** The Waterloo Leisure Services & Cedar Valley SportsPlex continually strive to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect participants' safety.

Signature Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_