

## Classes

### Rose Bente Lee Aquatic Center

### REGISTRATION

#### Preschool Beginners I - 11:00-11:30

(3-5 year olds) Class is designed to introduce and improve child's comfort level in the water, submerging, breath control, blowing bubbles, rhythmic breathing, and front and back kicking with support. (Approx. 1:4 instructor:student ratio)

#### Preschool Beginners II - 11:00-11:30

(3-5 year olds) Class is designed to introduce and improve front and back gliding, front and back kicking, jumping to the instructor, rhythmic breathing and basic arm movements for the front and back crawl. (Approx. 1:4 instructor:student ratio)

#### Beginner I - 10:00-10:30am

(5-7 year olds) Class is designed to introduce and improve child's comfort level in the water, submerging, breath control, blowing bubbles, rhythmic breathing, and front and back kicking with support. (Approx 1:4 instructor:student ratio)

#### Beginner II - 10:00-10:30am

(5-7 year olds) Class is designed to introduce and improve front and back gliding, front and back kicking, jumping to the instructor, rhythmic breathing and basic arm movements for the front and back crawl. Diving from a kneeling and standing position. (Approx. 1:4 instructor:student ratio)

#### Advanced Beginners - 10:00am – 10:45am

(6-9 year olds) Class is designed to improve the above skills as well as teaching the front crawl with lateral breathing, back crawl, diving, deep water comfort, the breaststroke kick, and breaststroke swimming.(1:8 instructor: student ratio)

All classes are held at the Rose Bente Lee Aquatic Center. The Rose Bente Lee Aquatic Center is a heated indoor, 25 yard pool. Locker rooms are available for swim class participant. Parents are encouraged to wait in the Lee Center lower lounge while classes are being conducted. The Rose Bente Lee Center is located on the main campus of Marymount University at the intersection of N. Glebe Road and Old Dominion Blvd in Arlington, VA.

#### Makeup Class Policy

Classes are only made up when they are cancelled by the Marymount Swim School staff. No full or partial refunds will be given for missed classes.

#### Refund Policy

It is our goal to make our swimming lessons available to as many students as we can. However, to maintain safety and quality interaction between students and instructors, we limit our enrollment.

Therefore, we close enrollment when our classes are full. Dropping out of a class within one week prevents us from being able to provide swimming instruction to students who might otherwise have been able to register for a class.

Full refunds are given when requested earlier than seven(7) days from the start of the class. No refunds are given within seven (7) days of class.

Childs's Name \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_

Parents's Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Class Level \_\_\_\_\_

Session(please check)  
(All Classes held on Saturday)

_____ Fall Session I	Sep 10-Oct 115 (No Class Oct 8)
_____ Fall Session II	Oct 22 – Nov 19
_____ Spring Session I	Jan. 14– Feb. 11
_____ Spring Session II	Mar. 17 – Apr 21 (No Class Apr 7)
_____ Spring Session III	May 19 – Jun 23 (No class May 26)

Summer session are held Mon thru Thur, Fri is reserved for a make up day in the event class is canceled.

_____ Summer Session I	June 25-July 6 (No class July 4)
_____ Summer Session II	July 9-July 20
_____ Summer Session III	Jul 23-Aug 3

**Please enclose check for full payment (\$80.00),  
Payable to: Marymount University Swim School**

Return to:

**Mike Clark**

**Marymount University Swim School**

**2807 N. Glebe Road**

**Arlington, VA 22207**

**Marymount University  
Swim School  
Waiver**

I, the parent and/or guardian of the undersigned participant, intending to be legally bound, hereby certify that the participant listed below is physically fit and has not been otherwise informed by a physician. I acknowledge that we are aware of all the risks inherent in swimming, training and competition, including possible permanent disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in the Marymount Developmental Swim Program. Furthermore, I hereby waive any and all claims against Marymount University, the Program Director, Head Coach, and Program staff for losses or damages which may occur at or during the Marymount Developmental Swim Program.

Name of Participant \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Parent/Guardian  
Signature \_\_\_\_\_

Date \_\_\_\_\_

**EMERGENCY CONTACT**

1. Name \_\_\_\_\_

Phone \_\_\_\_\_

2. Name \_\_\_\_\_

Phone \_\_\_\_\_

**MASTERS SWIM TEAM**

The Marymount University Masters Swim Team is designed to provide competitive swim training to Masters, Triathlete, and Fitness Swimmers. Coached workouts provide a combination of swim drilling and specific swim training to facilitate overall swimming improvement. The team meets Mon, Wed, Fri mornings from 6:30am – 7:30am year round. Fees, \$60.00 per 10 swims or \$200 per semester (4months).

**DEVELOPMENTAL SWIM PROGRAM**

The Marymount University Developmental Swim Program is designed to help participants ages 6-14 improve their competitive swimming skills. Participants will learn swimming stroke technique, turning technique and starting technique in small groups from experienced swimming instructors. The Developmental groups meet Fridays, Saturdays or Sundays, Sept. 16, thru April 29. \$425 per year. For more info on any of our swim programs, please call (703) 284-3832.

**MARYMOUNT  
SWIM SCHOOL**

**At the Rose Bente Lee Center  
Swimming Pool**

**2011 - 2012 Sessions**

<b>Fall Session I</b>	<b>Sept. 10 – Oct. 15 (No class Oct 8)</b>
<b>Fall Session II</b>	<b>Oct 22 – Nov 19</b>
<b>Spring Session I</b>	<b>Jan 14 – Feb 11</b>
<b>Spring Session II</b>	<b>Mar 17 – April 21 (no class Apr 7)</b>
<b>Spring Session III</b>	<b>May 19 – Jun 23 (No class May 26)</b>

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<b>Summer Session III</b>	<b>Jul 23-Aug 3</b>

**FOR MORE INFORMATION CALL**

**(703) 284-3838**

**swimmu@marymount.edu**

**On Twitter at swimcoachmike**