Did You Know?

Rock Spring Swim Club is an official Red Cross Provider. This means that all of our swim lesson instructors are fully certified by the American Red Cross to be Water Safety Instructors. Instructors are also certified in Lifeguarding, CPR for the Professional Rescuer, and First Aid. Our instructors work with your child throughout the entire swim lesson experience. We do not exceed 10 children per class to ensure each swimmer receives individualized attention. For swim lesson registration information; please refer to the enclosed swim lesson packet.

American Red Cross

SWIM & TENNIS LESSON REGISTRATION GUIDELINES 2016

We will continue to register CURRENT MEMBERS for swim and tennis lessons by mail prior to the 2016 pool season. Open registration, during the summer, will be available for members and non-members for any classes still open. Every attempt will be made to accommodate your request (s); however, we ask that you assist in the process by adhering to the following guidelines:

1. In order to select the appropriate level for your child, refer to this packet for the swim lesson schedule, exit testing skills for each level, and last season's report card.

2. **SELECT TWO CHOICES FOR THE SPECIFIC LEVEL**. The American Red Cross requires a minimum of six students and a maximum of ten students per class. By supplying TWO choices you will be providing some flexibility into the registration process. We MUST adhere to these provider agreements.

3. Complete the enclosed registration form (please print) and enclose the standard fees- **CHECKS ONLY** PLEASE.
    - Early Bird Registration Prices:
      $50.00 first child REGISTERED FOR SWIM LESSONS and
      $45.00 for each additional child REGISTERED FOR SWIM LESSONS.

    - **YOU MUST USE A SEPERATE REGISTRATION FORM FOR EACH CHILD AND FOR EACH LESSON.** Payment is due at time of registration- NO EXCEPTIONS. Make checks payable to: ROCK SPRING SWIM CLUB INC.

    - Please note: Early Bird Prices apply to **mail-in registrations** only! Early bird registration will end on May 21, 2016. Registration must be POSTMARKED by Saturday, May 21st. Regular fees will apply after that date; regular fees WILL ALSO be applied to all member registrations conducted, in person, during the pool season (open registration).

    - Regular Member Fees:
      $65.00 first child REGISTERED FOR SWIM OR TENNIS LESSONS and
      $60.00 for each additional child REGISTERED FOR SWIM OR TENNIS LESSONS.
      See the attached schedule for stroke clinic fees.

4. Mail the registration form(s) and fee(s) AS SOON AS POSSIBLE to:
   Rock Spring Swim Club, Swim Lesson Coordinator
   555 Rock Spring Road
   Bel Air, MD 21014
    - **In order to expedite the registration process, PLEASE USE ONLY the above address. The use of the Forest Hill box PO Box WILL RESULT IN A SIGNIFICANT PROCESSING DELAY.**

   NOTE: STUDENTS ARE REGISTERED INTO REQUESTED CLASSES IN THE ORDER RECEIVED---REGISTER AS SOON AS POSSIBLE.

5. The "registration by mail" is provided as a service to **MEMBERS ONLY**. Open registration for non-members and on-site member registration will be conducted during the pool season.

6. Your canceled check will serve as your receipt. You have received either your first or second choice in registration UNLESS you are contacted by our staff. If you need to receive additional confirmation, please check the "additional confirmation" box in the registration form and a staff

member will send an email to the email address provided. If no email address is provided on the registration form, a confirmation will not be sent.

7. There will be **a ten dollar ($10.00) charge for the CHANGE** of a registered class- **payable at the time of the change.**

8. There will be a **ten dollar ($10.00) charge f**or any class that is canceled by the registrant for any reason. This fee will be deducted from the refund amount. This fee will not be charged if the class is canceled by RSSC.

9. **NO REFUNDS** will be issued for any class cancelled **ten (10) days or less prior** to the first day of class by registrant.

10. Swim lessons WILL be held on rainy days; however, in the event of lightning or significant thunder, the pools and tennis courts will be closed until 15 minutes after the last electrical event.

11. The board and/or staff will not accept any responsibility for DELAYED or NON-DELIVERED mail or closed classes.

12. All registration transactions are to be completed via mail. Registrations via phone and/or email WILL NOT be accepted.

13. In the event your TWO class choices are closed, we will contact you as soon as possible via email. Please be sure that you have provided a current email address on the registration form.

14. Please be sure your child has successfully completed the previous level's skills PRIOR to registering for the next sequential class. **OUR RED CROSS INSTRUCTORS SUGGEST LIMITING YOUR CHILD'S LESSONS TO ONE LEVEL PER SUMMER.**

15. Due to the request of members, we will continue to offer Preschool Aquatics classes this year. PLEASE NOTE, the pool is NOT open during this class**. NO ONE will be permitted on the playground, in the wading, or main pool except for class participants**.

Helpful Reminders…

Take advantage of the $15.00 early registration discount, registrations must be postmarked by Saturday, May 21, 2016

A. Please supply two choices for the selected class to ensure your child will be registered for the appropriate level.
B. Complete and mail registration to
   Rock Spring Swim Club, Swim Lesson Coordinator
   555 Rock Spring Road
   Bel Air, MD 21014
C. Sign your check.

The pools and playground are NOT open until 10:00 A.M.

Rock Spring Swim Club
2016 Lesson Schedule

American Red Cross: Learn to Swim Program

Session 1: June 27- July 8

- **Note: Lessons are not held on Mon., July 4th**

9:30-10:00	Pre-Aquatics	
10:00-10:45	Level 2	Level 4
11:00-11:45	Level 1	Level 5
12:00-12:45	Level 3	

Session 2: July 11-July 22

9:30-10:00	Pre-Aquatics	
10:00-10:45	Level 1	Level 4
11:00-11:45	Level 2	Level 3
12:00-12:45	Level 3	

Session 3: July 25-August 5

10:00-10:45	Level 1	Level 3
11:00-11:45	Level 2	Level 4

Swim and Tennis Lesson Prices:
Members:
Early Bird (until 5/21/2016)
$50 first child
$45 each additional
Regular (after 5/28/2016)
$65 first child
$60 for each additional child
Non-members: Registration begin 5/28/216
$85 first child
$80 for each additional child

Stroke Clinic Prices:
Members:
Early Bird (until 5/21/2016)
$25 first child
$20 each additional
Regular (after 5/28/2016)
$40 first child
$35 for each additional child
Non-members: Registration Begins 5/28/2016
$60 first child
$55 for each additional child

The American Red Cross Suggested Progression

Preschool Aquatics/Water Adjustment…….2 1/2-4 years
Level 1……Introduction to Water Skills……....4-5 years
Level 2…….Fundamentals Aquatic Skills……..6 years and up
Level 3……Stroke Development
Level 4……Stroke Improvement
Level 5…….....Stroke Refinement

Strokes Clinics:
Session 1: June 27-July 1 (Mon.-Fri.)
Session 2: July 5-July 8 (Tues.-Fri.)
10:15-11:15 Intro Clinic: Swimmers 10 & Under (limited to 10 swimmers)
11:30-12:30 Intermediate Clinic: Swimmers 11 & Over (limited to 15 swimmers)
Strokes Clinics are offered only to swim team members.

Tennis Lessons:
Session 1:
Week 1: June 27- June 30 (Mon.-Thurs.)
Week 2: July 5-July 8 (Tues.-Fri.)
Note: Lessons are not held on Mon., July 4th

Session 2: July 11- July 21 (Mon.-Thurs.)

9:30-10:15 Intermediate (ages 10 & Over*)
10:30-11:15 Advanced Beginners (ages 8-11*)
11:30-12:15 Beginners (ages 8& U*)
*Ages for tennis lessons are approximate. Coach Drew will make appropriate adjustments according to skill levels after assessing skills on the first lesson day.

The pools and playground are NOT open until 10:00 A.M.

Preschool Aquatics Level 1
Enter and exit water safely
Submerge mouth, nose and eyes for 3 seconds
Blow bubbles through mouth and nose for 3 seconds
Open eyes underwater, pick up submerged objects
Float on front and back w/ support
Swim on front and back using arm and leg actions w/ support
Follow basic water safety rules
Explore treading

Level 1: Introduction to Water Skills
Enter and exit water safely
Blow bubbles underwater for 3 seconds
Open eyes underwater, pick up submerged objects
Float on front and back w/ support
Swim on front and back using arm and leg actions w/ support
Roll over from front to back and back to front
Follow basic water safety rules
Explore treading

Level 2: Fundamental Aquatic Skills
Enter water by stepping or jumping from the side
Exit water safely using ladder or side
Submerge entire head for 5 seconds
Open eyes underwater, pick up submerged objects
Bob 5 times
Float on front and back for 15 seconds
Perform front and back glide
Finning on back for 5 body lengths
Roll over from front to back, back to front
Swim on front and back using combined strokes
Change direction of travel while swimming
Tread water using arm and leg motions for 15 seconds
Safety Skills

Level 3: Stroke Development
Jump into deep water from the side
Head-first entry from the side in sitting or kneeling position
Bob with the head fully submerge
Push off wall in streamline position and flutter kick
Push off wall in streamline position and dolphin kick
Perform survival float 30 seconds
Black float 30 seconds
Perform front and 15 yards
Use rotary breathing in horizontal position
Change from horizontal to vertical position on front and back
Elementary backstroke for 15 yards
Scissor kick for 10 yards
Treading water 30 seconds
Water Safety Skills

Level 4: Stroke Improvement
Head first entry in compact and stride position
Perform open turns on front and back
Swim underwater
Push off streamlined position using flutter kick
Push off streamlined position using dolphin kick
Perform the following:
Survival swimming 30 seconds
Front crawl 25 yards
Elementary backstroke 25yards
Back crawl 15 yards
Breaststroke 15yards
Butterfly 15yards
Sidestroke 15 yards
Tread water with 2 different kicks 2 minutes
Water Safety Rules

Level 5: Stroke Refinement
Tread water 5 minutes
Sculling 30 seconds
Shallow dive, glide two body lengths and begin any front stroke
Water Safety Rules
Perform the following:

Pike surface dive	Tuck surface dive
Breaststroke 25 yards	Butterfly 25 yards
Front crawl 50yards	Front flip turn
Back crawl 25 yards	Backstroke flip turn
Elementary backstroke 50 yards	Sidestroke 25 yards

ROCK SPRING SWIM CLUB
SWIM LESSON REGISTRATION 2016
Members: Early Bird Mail In Registration (Postmarked by May 21, 2016)

EARLY BIRD FEES: $50.00 FIRST REGISTRATION
$45.00 EACH ADDITIONAL
The pools and playground are NOT open until 10 A.M.
PLEASE PRINT ALL INFORMATION

CHILD'S NAME_____AGE_____

COMPLETE ADDRESS_____CITY_____ZIP_____

PARENT/GUARDIAN NAME_____PHONE_____
E-MAIL ADDRESS _____

FIRST CHOICE (CIRCLE ONE)

SESSION: 1 2 3 TIME OF CLASS_____

LEVEL: Pre-Aquatics 1 2 3 4 5

SECOND CHOICE (CIRCLE ONE)

SESSION: 1 2 3 TIME OF CLASS_____

LEVEL: Pre-Aquatics 1 2 3 4 5

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*Every attempt will be made to accommodate your selection
Parent consent: It is understood my son/daughter will be required to demonstrate the aquatic skills as set forth by the American Red Cross in order to proceed to the next level. Please explain any special needs which may affect your child's participation in the swim lesson program**. I have reviewed all of the enclosed information and will not hold RSSC staff responsible for scheduling conflicts or closed classes.**
Note: There will be **a ten dollar ($10.00) charge for the CHANGE or cancelation by registrant payable at the time of the change. NO REFUNDS** will be issued for any class cancelled by participate **ten (10) days or less prior** to the first day of class. Swim lessons **Will** be held on rainy days, however, in the event of lightning or significant thunder, the pools will be closed until 15 minutes after the last electrical event. No swim lessons will be held on July 4, during that session there will be only 9 classes. **This registration will ONLY be processed if it sent to RSSC, Swim Lesson Coordinator 555 Rock Spring Road Bel Air, MD 21014**

PARENT SIGNATURE _____DATE_____

Circle for Confirmation Request: Yes, e-mail address_____ or No

FOR PARENTS REGISTERING MORE THAN ONE CHILD PLEASE CHECK BELOW:

☐ Check this box to keep children in the SAME session.

☐ Check this box to consider each child's needs separately.

OFFICE USE ONLY

Postmark date_____ Amount of fees included_____check # _____
Confirmation requested/e-mailed date _____

ROCK SPRING SWIM CLUB
TENNIS LESSON REGISTRATION 2016
Members: Early Bird Mail In Registration (Postmarked by May 21, 2016)

We are pleased to be able to offer tennis lessons again this summer with instructor Drew Bruck. All lessons will be open for members at a cost of $50.00 for the first child registered and $45.00 for each additional child for early bird registration only.

Session 1: Week 1: June 27-June 30 (Mon.-Thurs.)
Week 2: July 5-July 8 (Tues.-Fri.)
*Note: Lessons are not held on Mon., July 4th

Session 2: July 11- July 21 (Mon.-Thurs.)

9:30-10:15 Intermediate (ages 10 & Over*)
10:30-11:15 Advanced Beginners (ages 8-11*)
11:30-12:15 Beginners (ages 8& U*)

*Ages for tennis lessons are approximate. Coach Drew will make appropriate adjustments

REGISTRATION: PLEASE PRINT ALL INFORMATION

CHILD'S NAME_____AGE_____

COMPLETE ADDRESS_____CITY_____ZIP_____
PARENT/GUARDIAN NAME_____PHONE_____

SESSION: 1 2

LEVEL: BEGINNER ADVANCED BEGINNER INTERMEDIATE
SIGNATURE_____ DATE: _____

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REGISTRATION: PLEASE PRINT ALL INFORMATION

CHILD'S NAME_____AGE_____
COMPLETE ADDRESS_____CITY_____ZIP_____
PARENT/GUARDIAN NAME_____PHONE_____

SESSION: 1 2

LEVEL: BEGINNER ADVANCED BEGINNER INTERMEDIATE
SIGNATURE_____ DATE: _____

Your cancelled check will serve as our receipt-refer to the 'memo line' for confirmation. If you wish an additional confirmation please include a self-addressed stamped envelope. In the event of lightening, both the tennis courts and pool will be closed until 20 minutes after the last electrical event.
Note: This registration will ONLY be processed if it sent to RSSC, Swim Lesson Coordinator 555 Rock Spring Road Bel Air, MD 21014

Circle for Confirmation Request: Yes, e-mail address_____ or No
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OFFICE USE ONLY

Postmark date_____ Amount of fees included_____check # _____
Confirmation requested/e-mailed date _____

Rock Spring Swim Club: Stroke Clinic Registration 2016
Members: Early Bird Mail In Registration (Postmarked by May 21, 2016)

This year, we will once again offer a competitive stroke clinic. This class is designed for current members of the Racer's swim team. This clinic will focus on the four competitive strokes, starts, turns, and racing techniques. Swim team coaches will work with swimmers to improve, refine, and enhance existing swimming performance. Strokes clinics will be open for members at a cost of $25.00 for the first child registered and $20.00 for each additional child for early bird registration only.

Session 1: Monday, June 27-Friday, July 1

10:15-11:15 Intro Clinic: Swimmers 10 & Under (limited to 10 swimmers)
11:30-12:30 Intermediate Clinic: Swimmers 11 & Over (limited to 15 swimmers)

Session 2: Tuesday, July 5 - Friday, July 8
10:15-11:15 Intro Clinic: Swimmers 10 & Under (limited to 10 swimmers)
11:30-12:30 Intermediate Clinic: Swimmers 11 & Over (limited to 15 swimmers)

REGISTRATION: PLEASE PRINT ALL INFORMATION
CHILD'S NAME_____AGE_____
COMPLETE ADDRESS_____CITY_____ZIP_____
PARENT/GUARDIAN NAME_____PHONE_____

SESSION: 1 2
LEVEL: Intro Clinic: Swimmers 10 & Under Intermediate Clinic: Swimmers 11& Over
SIGNATURE_____ DATE: _____
****
REGISTRATION: PLEASE PRINT ALL INFORMATION
CHILD'S NAME_____AGE_____
COMPLETE ADDRESS_____CITY_____ZIP_____
PARENT/GUARDIAN NAME_____PHONE_____

SESSION: 1 2
LEVEL: Intro Clinic: Swimmers 10 & Under Intermediate Clinic: Swimmers 11& Over
SIGNATURE_____ DATE: _____

Email address _____

Your cancelled check will serve as our receipt-refer to the 'memo line' for confirmation. If you wish an additional you must provide an email address. In the event of lightening, both the tennis courts and pool will be closed until 20 minutes after the last electrical event.
Note: This registration will ONLY be processed if it sent to to RSSC, Swim Lesson Coordinator 555 Rock Spring Road Bel Air, MD 21014

Circle for Confirmation Request: Yes, e-mail address_____ or No

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OFFICE USE ONLY

Postmark date_____ Amount of fees included_____check # _____
Confirmation requested/e-mailed date _____