

SWIMAMERICA

FALL 2019 - SPRING 2020



BLAIRWOOD
SWIMAMERICA

BEST PROGRAM • BEST SWIMMERS • BEST FACILITY

All Blairwood Coaches are certified by the American Swim Coaches Association.

JIM LUEBBE - Aquatics Director, 2019 National HS Coach of the Year, 8x HS State Champ Coach, PanAm Masters Champion, Sacred Heart Academy Hall of Fame
TITO SOLANO - Fina Masters World Champion
JUAN LOPEZ - NCAA Big East Conference Champion
EMILY KRING - LSA D1 Champ Coach
MHYRIA MILLER - NCAA Finalist
CLAY WILLIAMS - LSA D1 Champ Coach
MIRKO CHAVEZ - Bolivian National Team, Triton USA Coach
MERRI SCHMITT - NCAA D1 Swimmer
KAELYN BURRIS - ASCA Level 2 Coach



502-426-8820

SwimAmerica is the nation's leading technique-oriented swim school and Louisville's #1 swim school. Our mission is to teach swimmers of all ages and levels the proper technique to enhance efficiency, endurance, speed, fun and lifelong success in swimming.

Each level has a well-defined skill as outlined below. When a child masters that specific skill, he or she is ready to move to the next level.

- Level 1 - Bubbles & Floats
- Level 2 - Glides & Kicks
- Level 3 - Crawl Stroke
- Level 4 - Freestyle
- Level 5 - Backstroke
- Level 6 - Breaststroke
- Level 7 - Butterfly
- Level 8 - Dives & Turns
- Level 9 - Intermediate
- Level 10 - High Performance

**SIGN UP @ BLAIRWOOD.COM - or -
COMPLETE REGISTRATION ON BACK**

BLAIRWOOD SWIMAMERICA 2019-2020

SWIMMER INFORMATION – please complete all fields

Swimmer Last Name: _____ Swimmer First Name: _____
Age: _____ Date of Birth: _____ / _____ / _____ School: _____
Parent Last Name: _____ Parent First Name: _____
Address: _____ City: _____ State: _____ Zip: _____
Email Address: _____ Cell Phone: _____

SESSIONS – Check (✓) Session(s)

- Session 1** (September 7, 2019 – October 24, 2019) **Session 3** (January 11, 2020 – February 27, 2020)
 Session 2 (October 26, 2019 – December 19, 2019) **Session 4** (February 29, 2020 – May 3, 2020)

LEARN-TO-SWIM GROUP LESSONS (LEVELS 1-5) – 30 minutes - \$140/member, \$165/non-member

CHECK (✓) LEVEL:

(swimmer must be member for member discount)

- LEVEL 1 – Bubbles & Floats** – Goals: 5 relaxed bobs, 3-sec bubbles, 5-sec front float, 10-sec back float
 LEVEL 2 – Glides & Kicks – Goals: Front/back glide on streamline & roll, 1 length front/back kick w/kickboard
 LEVEL 3 – Crawl Stroke – Goals: 1 lap side kick, 1 lap 3 arms stroke & roll, kick/arms/bubbles at same time
 LEVEL 4 – Freestyle – Goals: 1 lap freestyle swim, breathing every 3 arms, under 1 min
 LEVEL 5 – Backstroke – Goals: 1 lap backstroke swim, not stopping, under 1 min

CHECK (✓) PREFERRED DAY/TIME:

- Sat 9-9:30am Sat 9:30-10am Sat 10-10:30am Sat 10:30-11am
 Sat 11-11:30am Sat 11:30am-12pm Sun 12-12:30pm Sat 12:30-1pm

STROKE SCHOOL (LEVELS 6-7) – 60 minutes - \$175/member, \$200/non-member

CHECK (✓) LEVEL:

(swimmer must be member for member discount)

- LEVEL 6 – Breaststroke** – Goals: 1 length breaststroke, not stopping, under 1 min
 LEVEL 7 – Butterfly – Goals: 1 length butterfly, not stopping, under 1 min

CHECK (✓) PREFERRED DAY/TIME:

- Sat 9-10am Sat 10-11am Sat 11am-12pm Sun 3-4pm Thur 5-6pm

STROKE SCHOOL (LEVELS 8-10) – 60 minutes - \$175/member, \$200/non-member

CHECK (✓) LEVEL:

(swimmer must be member for member discount)

- LEVEL 8 – Dives & Turns** – Goals: Swim legal 50 free w/flip turns, Swim legal 50 back w/flip turns, Legal breaststroke & butterfly turns, Legal swim a 100IM with open turns
 LEVEL 9 – Intermediate – Goals: Swim 100 free no stopping w/flip turns, Swim 100 back no stopping w/flip turns, Swim legal 50 breaststroke & butterfly no stopping, Legal swim a 100IM with open turns
 LEVEL 10 – High Performance – Goals: Swim legal 50 free under 50 sec, Swim legal 50 back under 1.05 min, Legal 50 breaststroke & 50 butterfly under 1.10 minutes, Legal swim 200IM with open turns

CHECK (✓) PREFERRED DAY/TIME:

- Sat 11am-12pm Sat 12-1pm Sun 4-5pm

PAYMENT INFORMATION – Full payment due with registration – Cancellations must be made before the first class is held. There will be a \$25 processing fee for any cancellations.

Type of Payment: Check Cash Visa Mastercard Amex Discover
Cardholder Name: _____ Amount to be Charged: \$ _____
Card #: _____ Exp Date: _____ / _____ CID#: _____
Signature of Cardholder: _____

Parent/Guardian Agreement - Please read carefully and sign below:

In consideration of registering my child (or dependent, if Guardian; both hereinafter referred to as "Participant") for Blairwood SwimAmerica Swim Lessons and/or Stroke School at Blairwood Tennis, Swim and Fitness Club ("Blairwood"), I certify that Participant is of normal health and in proper physical condition to participate in the swim clinics, and has not been otherwise informed by a physician. On behalf of Participant, I acknowledge that I am aware of the risks inherent in participating in swimming (both practice and competition); that swimming is a physical sport which can require considerable physical exertion and could potentially lead to overheating and dehydration; possible limb injuries; possible permanent disability and death; and agree to assume all of those risks and to waive any and all rights to claims for injuries, loss or damages arising out of the Participant's participation in the clinics(s). I further certify that the Participant maintains adequate health insurance to cover any injuries occurring as a result of participation in the Clinics(s) at Blairwood. In the event I cannot be reached in an emergency, I hereby give permission to the Blairwood staff to secure emergency medical services, including transportation and physician. **PRESS/MEDIA RELEASE:** We permit the free use of our name and family members names and pictures used on this application in broadcasts, telecasts, newspapers, brochures, and any other form of communication to which such use may be applied.

PARENT/GUARDIAN SIGNATURE:

DATE: