

# Jazzie Pools, Spas, & Fitness L.L.C.

429 S. Maple Ave. Falls Church, VA. 22046

phone (703) 532-0242 : fax 703-532-1381

[www.JazziePools.com](http://www.JazziePools.com)

## **Jazzie Pools “Little Fishys Swim Lessons” 2009**

Jazzie Pools will implement a new registration for swim lessons this year. We will have online registration for the Cascades Community. You will now be able to register your child for swim lessons online from April 1<sup>st</sup> through August 15<sup>th</sup>. You will be able to pay online via credit card or will be have the option to mail your check to Jazzie. You will have 10 after registration to submit your payment. If payment is not received within the 10 days your child we will be dropped from the class and the next person on the wait list will receive the spot in the class. For further information you may contact Nicki Carafa by email [nicki@jazziepools.com](mailto:nicki@jazziepools.com)

- 1.) Below, you will find a description of levels and schedule of lessons. There will only be 2 groups per level (8 children per group, 16 children total) per time frame. We will begin a wait list if the class is filled. If a child decides not to take the lesson, the first person on the wait list will gain the spot.
- 2.) This summer’s sessions will include **8 classes for the price of \$75.00**. They will run Monday-Thursday with Friday being a rain make up day if needed. Session I will not have a make-up class on Friday, July 4<sup>th</sup>. If a make-up class is needed it will be posted at the pool.
- 3.) Please include a check made out to **LIFE FOUNDATIONS** that covers the cost of the lesson that your child is taking. If you have more than one child participating in the lessons you may pay for both on one check. **Please make sure to note on the check your child’s first and last name on the check.**  
\*\*Please note that a child will not be able to participate in lessons if the payment is not received.
- 4.) When you register online you registration will be posted in the appropriate class within 72 hours on the website. If this class you registered for is not available we will put you on the wait list or register for another similar class. The waitlist will also be posted on the web.
- 5.) Please make sure to fill out and bring the emergency care form on the first day of lessons.

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## **CLASS DESCRIPTIONS:**

(As per American Red Cross Standards)

**Guppies (Level I):** (Beginner: floatation devices may be used)

**Price:** \$75 for eight 30-minute lessons



Increase the child's comfort level in the water:

- a) Exit water independently using ladder, ramp, steps, or side of pool
- b) Bob in water (up to chin) 10 times

Teach child breathing control:

- a) Bubble blowing
- b) Fully submerge face for 3 seconds

Teach child how to float on stomach:

- a) Supported float on front
- b) Unsupported float on front

Teach child how to float on back:

- a) Supported float on back
- b) Unsupported float on back

Teach child proper kicking techniques:

- a) Hanging on wall flutter kicks
- b) Supported flutter kicks

Teach child proper safety skills:

- a) Jump into pool with P.F.D
- b) Reach assists
- c) Pool Rules

**Seahorses (Level II):** (Intermediate: floatation devices may be used)

**Price:** \$75 for eight 30-minute lessons



Teach front crawl with floatation device:

- a) Teach proper hand strokes
- b) Teach proper front flutter kick techniques

Teach child's backstroke with floatation device:

- a) Introduce head back belly up position
- b) Teach proper hand strokes
- c) Teach proper back flutter kick techniques

Teach proper breathing techniques:

- a) Bubble blowing
- b) Rotary breathing drill

Teach child proper safety skills:

- a) Jump into pool with P.F.D
- b) Pool rules
- c) Reaching assists with/without equipment

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**Angelfish (Level III):** (Advanced: Swimming without the use of floats)

**Price:** \$64 for eight 30-minute lessons



Improve front crawl without floatation devices:

- a) Improve proper hand strokes
- b) Improve proper front flutter kick techniques

Improve backstroke without floatation devices:

- a) Introduce head back belly up position
- b) Teach proper hand strokes
- c) Teach proper flutter kick techniques

Improve proper breathing techniques:

- a) Bubble blowing
- b) Rotary breathing drill

Teach treading water techniques:

- a) Teach proper arm movements
- b) Teach proper leg movements

Teach proper safety skills:

- a) Jump into pool with P.F.D.
- b) Pool rules
- c) Reaching assists with/without equipment

**Sharks (Level IV):** (Advanced beginner)

**Price:** \$64 for eight 30-minute lessons



Improve front crawl:

- a) Introduce the push back techniques
- b) Introduce closed finned swim stroke
- c) Introduce full extension front stroke

Improve backstroke:

- a) Introduce head back belly up position
- b) Teach proper hand strokes

Improve treading water techniques:

- a) Introduce proper hand movements
- b) Introduce proper leg movements

Teach surface diving techniques:

- a) Retrieve object from bottom of pool with eyes open
- b) Teach proper diving position

Improve child's endurance:

- a) Increase child's front crawl by 10 yards
- b) Increase child's swimming stability

Teach child proper safety skills:

- a) Jump into deep water with life jacket
- b) Learn the H.E.L.P. position
- c) Introduce the Huddle Position

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## 2009 SCHEDULE OF LESSONS

- The x's denote when lessons will be offered. The number of classes held at the given times will be determined by your registration responses and instructor availability.

<b>LOWES ISLAND</b>																
<b>TIME</b>	<b>SESSION I</b>				<b>SESSION II</b>				<b>SESSION III</b>				<b>SESSION IV</b>			
	June 22 – July 3				July 6 – July 17				July 20 – July 31				Aug 3 – Aug 14			
<b>LEVEL</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>
9:00 – 9:30am	x	x			x	x						x				
9:30 – 10:00am	x	x				x	x		x	x			x		x	
10:00 – 10:30am	x			x	x			x	x		x			x		x
10:30 – 11:00am		x	x		x	x				x	x		x	x		
5:30 – 6:00 pm	x		x		x	x			x	x				x	x	
6:00 – 6:30 pm		x		x	x		x			x		x	x		x	
6:30 – 7:00 pm	x	x				x		x	x		x		x	x		
7:00 – 7:30 pm		x	x			x	x			x		x			x	x

<b>POTOMAC LAKES</b>																
<b>TIME</b>	<b>SESSION I</b>				<b>SESSION II</b>				<b>SESSION III</b>				<b>SESSION IV</b>			
	June 22 – July 3				July 6 – July 17				July 20 – July 31				Aug 3 – Aug 14			
<b>LEVEL</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>
5:30 – 6:00pm	x	x			x	x			x	x			x		x	
6:00 – 6:30pm	x	x			x		x		x			x	x	x		
6:30 – 7:00pm			x	x		x		x		x	x			x	x	
7:00 – 7:30pm		x		x		x	x			x	x			x		x

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<b>QUARTERPATH</b>																
<b>TIME</b>	<b>SESSION I</b>				<b>SESSION II</b>				<b>SESSION III</b>				<b>SESSION IV</b>			
	June 22 – July 3				July 6 – July 17				July 20 – July 31				Aug 3 – Aug 14			
<b>LEVEL</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>
9:00 – 9:30am		X	X		X		X				X	X		X		X
9:30 – 10:00am	X	X			X	X			X	X			X	X		
5:30 – 6:00pm	X					X			X	X				X	X	
6:00 – 6:30pm	X	X			X	X			X	X			X	X		
6:30 – 7:00pm		X	X			X		X		X	X			X	X	

Please register for the class you would like using one of the links below:

- Lowes Island – Session 1 – ALL MORNING CLASSES: [www.regonline.com/63369\\_703677F](http://www.regonline.com/63369_703677F)
- Lowes Island – Session 1 – ALL EVENING CLASSES: [www.regonline.com/63369\\_703960F](http://www.regonline.com/63369_703960F)
- Potomac Lakes – Session 1 – ALL EVENING CLASSES: [www.regonline.com/63369\\_705206F](http://www.regonline.com/63369_705206F)
- Quarterpath Trace – Session 1 – ALL MORNING CLASSES: [www.regonline.com/63369\\_705224F](http://www.regonline.com/63369_705224F)
- Quarterpath Trace – Session 1 – ALL EVENING CLASSES: [www.regonline.com/63370\\_705836F](http://www.regonline.com/63370_705836F)
- Lowes Island – Session 2 – ALL MORNING CLASSES: [www.regonline.com/63370\\_705849F](http://www.regonline.com/63370_705849F)
- Lowes Island – Session 2 – ALL EVENING CLASSES: [www.regonline.com/63370\\_705859F](http://www.regonline.com/63370_705859F)
- Potomac Lakes – Session 2 – ALL EVENING CLASSES: [www.regonline.com/63370\\_705877F](http://www.regonline.com/63370_705877F)
- Quarterpath Trace – Session 2 – ALL MORNING CLASSES: [www.regonline.com/63370\\_705881F](http://www.regonline.com/63370_705881F)
- Quarterpath Trace – Session 2 – ALL EVENING CLASSES: [www.regonline.com/63370\\_705882F](http://www.regonline.com/63370_705882F)
- Lowes Island – Session 3 – ALL MORNING CLASSES: [www.regonline.com/63370\\_705884F](http://www.regonline.com/63370_705884F)
- Lowes Island – Session 3 – ALL EVENING CLASSES: [www.regonline.com/63370\\_705887F](http://www.regonline.com/63370_705887F)
- Potomac Lakes – Session 3 – ALL EVENING CLASSES: [www.regonline.com/63370\\_705898F](http://www.regonline.com/63370_705898F)
- Quarterpath Trace – Session 3 – ALL MORNING CLASSES: [www.regonline.com/63370\\_705899F](http://www.regonline.com/63370_705899F)
- Quarterpath Trace – Session 3 – ALL EVENING CLASSES: [www.regonline.com/63370\\_705901F](http://www.regonline.com/63370_705901F)
- Lowes Island – Session 4 – ALL MORNING CLASSES: [www.regonline.com/63370\\_706767F](http://www.regonline.com/63370_706767F)
- Lowes Island – Session 4 – ALL EVENING CLASSES: [www.regonline.com/63370\\_706771F](http://www.regonline.com/63370_706771F)
- Potomac Lakes – Session 4 – ALL EVENING CLASSES: [www.regonline.com/63370\\_706782F](http://www.regonline.com/63370_706782F)
- Quarterpath Trace – Session 4 – ALL MORNING CLASSES: [www.regonline.com/63370\\_706785F](http://www.regonline.com/63370_706785F)
- Quarterpath Trace – Session 4 – ALL EVENING CLASSES: [www.regonline.com/63370\\_706830F](http://www.regonline.com/63370_706830F)

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## Emergency Care Form

**Please print:**

Child's Name: \_\_\_\_\_

Address: \_\_\_\_\_

County, State, Zip code: \_\_\_\_\_

Date of Birth \_\_\_\_\_ Home phone number \_\_\_\_\_

List allergies, unusual health issues and current medications child is using:

\_\_\_\_\_

### All confirmations will be sent via email

Parent's information:

Father's Name \_\_\_\_\_ Email: \_\_\_\_\_

Work Phone # \_\_\_\_\_ Home phone # \_\_\_\_\_

Mothers Name \_\_\_\_\_ Email: \_\_\_\_\_

Work Phone # \_\_\_\_\_ Home phone # \_\_\_\_\_

Emergency Contact or doctor \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

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Release: We (I) hold harmless Life Foundation or Jazzie Pools for any injury that my child sustains while in the process of learning how to swim. I do expect preventive precautions to be used by the instructors and floatation devices, kick boards, etc. to be used when appropriate.

I/we (parent/guardian) authorize the pool management company, on behalf of Life Foundations, to obtain medical care if an emergency occurs when I/we cannot be located immediately. I will make every effort to have a person over 18 accompany my child to the lessons.

Parents Signatures \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_