



# A TRADITION OF EXCELLENCE



EMAC is excited to continue with SwimAmerica™- the nation's leading Learn-to-Swim program.

Through a special arrangement with the Human Performance Center (HPC), EMAC will offer ALL lessons at the facility's state-of-the-art aquatic center.

It is necessary for all SwimAmerica™ families to enter the facility through the Velocity Sports Performance entrance ONLY. Please check in with the reception desk at the Velocity Center upon arrival.

## Swimming Levels

At EMAC we place our swimmers by ability & comfort in the water. Swim America™ is designed for everybody, both "competitive" and "recreational" swimmers alike. The advancement criteria outlined below has been established to provide students with clear tests of their own abilities and serve as indicators for progression to the next level. Placement and advancement in a group will be at the discretion of the EMAC staff.

## Group Lesson Levels Advancement Goals:

(EMAC may combine levels to form a class)

1. 10 relaxed bobs touching the bottom
2. Back float glide & front float glide with a breath
3. 20 ft. back streamline kick & 20 ft. front streamline Kick with no breath
4. 20 ft. 1/2 arrow kick & 20 ft. freestyle swim with no breath
5. Minimum 30 ft. freestyle swim with bilateral breathing (minimum 4 breaths)
6. 25 yards freestyle, 30 ft. backstroke, 1 min. treading water
7. 50 yards freestyle, 25 yards backstroke, 30 ft. Breaststroke kick
8. 100 yards freestyle, 25 yards breaststroke, 30 ft. butterfly

9. 200 yards freestyle, 25 yards butterfly, 50 yards breaststroke, 50 yards elementary backstroke, 50 yards sidestroke
10. 300 yards freestyle, 100 yards backstroke, 100 IM

## Types of Swimming Lessons

All classes are 25 - 30 minutes long

### SwimAmerica™ Group Lessons

- \* Minimum age 4.5 yrs. (under 4.5 yrs. must be evaluated by SwimAmerica™ Supervisor)
- \* 4 child maximum per 1 instructor

### Pre-Swim Lessons

- \* Very small group classes geared toward pre-school aged children
- \* Ages 3 yrs. To 4.5 yrs. old
- \* 3 child maximum per 1 instructor

### Parent/Child Bubbles Class

- \* Introductory class for 6 mo. to approx. 2 yrs. old
- \* Maximum of 10 parent/child pairs (min. of 3)
- \* Swim diaper required if not toilet trained
- \* Bubbles/Wet Head Classes may be combined

### Parent/Child Wet Head Class

- \* Approx. 2 to 3 yr. olds who are comfortable going under water
- \* Maximum of 10 parent/child pairs (min. of 3)
- \* Swim diaper required if not toilet trained
- \* Bubbles/Wet Head Classes may be combined

### Semi-Private Lessons

- \* 2 students per instructor
- \* Each child may receive a 13-15 minute private lesson if ability levels are too far apart

### Private and Adult Private Lessons

- \* Minimum age 3 yrs.
- \* 1 student per instructor
- \* 2 or more lessons must be scheduled
- \* 24 hour cancellation notice needed

### Swimming Lesson Fees

**Non-refundable processing fee of \$10.00 due with registration**

**Please see attached registration form for fee schedule**

## Swim School Policies

- \* No swimmer may enter the water unless called by their instructor
- \* Swimmers must be able to listen and wait their turn for the safety of themselves and others
- \* Shoulder length hair must be tied back or maintained in a swim cap
- \* Swim diapers are required if not toilet trained
- \* Goggles are recommended for Levels 2 & up
- \* SwimAmerica™ participants are to use the Velocity locker rooms for changing purposes and are not permitted in the HPC locker room facilities
- \* Parents/guardians are not permitted on the pool deck and should remain in the seating area
- \* SwimAmerica™ participants may not practice/play in any of the pools after their lesson time
- \* Requests for a specific instructor are not guaranteed
- \* Circumstances beyond our control may require a substitute instructor

## Payments

1. Lessons will not be scheduled without payment of the registration fee. Registration forms via email/fax must include a credit card payment
2. Registrations and payments are accepted by email, fax, mail, or in person at our EMAC office only
3. Payments for class fees must be made in full by the week prior to the lesson start date

## Changes/Withdrawals

### **Up to 5 working days prior to the start of the class:**

1. Lessons can be rescheduled, if there are openings
2. Complete withdrawal - refunds minus \$10 processing fee

### **Up to 3 working days before class:**

1. Lesson times can be rescheduled in the same session only, if there are openings
2. Complete withdrawal - refunds minus \$50.00, as it will be too late to find a replacement

### **\*\*\*\*Missed Class Policy\*\*\*\***

Due to pool availability and the complexity of scheduling, EMAC offers **no make-ups/refunds** for missed lessons.

## Cancellations

**EMAC may cancel lessons for weather-related reasons. All classes cancelled by EMAC are rescheduled. Please check our website or call 610-965-5800 and press 3 for cancellation information.**



EMAC is a non-profit club that offers all levels of swimming instruction and training. Swimming encourages:

- \* Lifelong fitness & safety
- \* Self-confidence
- \* Goal setting skills
- \* Fun
- \* PLUS...

*Swimming is a healthy, non-weight bearing sport that provides advanced cardiovascular fitness.*

*For more information on any of EMAC's programs, please call (610) 965-5800 or visit us at [www.emacswim.org](http://www.emacswim.org).*

Directions:

**EMAC** is conveniently located in Lower Macungie Township. Take Cedar Crest Blvd. south to Lower Macungie Road. Turn right at the stoplight and follow Lower Macungie Road west to Millrace Road. Turn left onto Millrace. The pool parking lot is just ahead on the right.

The **HPC** is located at 250 Cetronia Road in Allentown, next to the Tilghman Square Shopping Center (AMC Tilghman 8 Movie Theater). Please use the Velocity Sports Performance outside entrance for access of the aquatic center.

Emmaus Aquatic Club  
 PO Box 3304  
 Allentown, PA 18106-0304



**610-965-5800**  
**[emacswimschool@rcn.com](mailto:emacswimschool@rcn.com)**



# EMMAUS AQUATIC CLUB

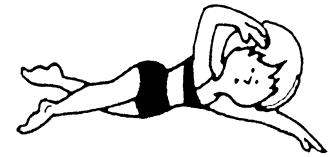
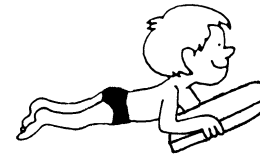
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## SPRING 2010

SPRING SESSION 4/5/10—5/28/10



### Swim Lessons



Office 610-965-5800

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**[www.emacswim.org](http://www.emacswim.org)**