Where do I place my child?

Review the class descriptions and determine what your child can do. If your child can do everything in that level, register your child for the next level. When in doubt, enroll a child in the class where he/she will find the most success and have the greatest comfort level. Each time slot has a maximum enrollment, and all spaces are first-come, first-serve.

**SET** (approx. 2 to 4 years old with parents)
**GO** (approx. 2 to 4 without parents)

SET and GO classes are designed for children who are becoming more comfortable in the water. Both classes offer a swimmer to teacher ratio of 4:1.

SET is a parent-child class designed to slowly separate the dependency the child has with the parent. The primary goal of this class is to teach each child to develop trust with an instructor and interaction with peers. Set classes focus on a variety of skill foundations such as bubble blowing, underwater exploration, floating, water/pool safety, kicking and arm stroke movement. To complete the SET class children must be ready to function independently in a group setting by the end of the session.

GO classes are for children ready to be independent of a parent-child setting. Some of our goals for this class include rotary breathing, swimming comfortably underwater and basic locomotion. To successfully complete this class each child must be able to float, unassisted, for a minimum of 5 seconds.

**S.T.E.P.S.** For children approximately ages 4 and up, this three-tiered program was created with an aggressive approach to teaching the essential elements of swimming: Strokes, Technique, Endurance, Precision, and Safety (S.T.E.P.S.). Parents please note: 1st and 2nd STEPS are classes where the most critical locomotion skills are taught and refined. It is often the case that swimmers need repeated exposure to these two classes prior to being prepared to move into 3rd STEPS.

**1st STEPS** (5:1 ratio) To successfully complete this level children must:
- Retrieve objects w/ hands in chest deep water (unassisted)
- Float and kick 5 yards on their stomach and back
- Jump in pool and return to the side of the pool (unassisted)
- Swim 5 yards on their stomach and swim 5 yards on their back

**2nd STEPS** (5:1 ratio) To successfully complete this level children must:
- Swim 15 yards of freestyle breathing on their side
- Dive from a standing position into the pool
- Demonstrate an open turn
- Tread water for 30 seconds
- Swim backstroke 15 yards

**3rd STEPS** (7:1 ratio) To successfully complete this level children must:
- Demonstrate a long, shallow dive
- Demonstrate a freestyle flip turn
- Swim freestyle and backstroke 50 yards each
- Tread water for 2 minutes
- Dolphin kick 15 yards
- Swim breaststroke 15 yards

Water temp is 84 degrees for swimming lessons!

Class Policies

Please Remember:
- Classes run 30 or 35 minutes.
- All children who are not potty trained must wear swim diapers.
- Children may be moved to a different class after the first day only if space is available.
- If your child must drop a class, please contact the natatorium immediately. A $25 processing fee will be assessed. If the session is already underway the remaining refund will be prorated.
- If a child from the wait list is brought into the class after the first day, the class fee will be prorated.
- In order for a class to run, 75% enrollment is necessary.
- All classes are on a first come, first serve basis.

The staff at the Cranbrook Williams Natatorium has developed the finest swim lesson program in the area. It is important for your child’s enrichment to create the best learning atmosphere possible. Our program is designed with special attention given to individualized instruction, small class size and experienced, friendly instructors. Children learn to work in a group setting and receive one-on-one instruction at various points of the class. Children are offered two categories of lessons: SET, GO along with S.T.E.P.S.

Check us out at schools.cranbrook.edu/williamsnat
Swimming Lesson Registration Form

You may register via phone, fax, online or walk-in.

Priority is given to families who are enrolled in the most recent session. These families have until the conclusion of the recent session’s last class to register for next session.

Registration for new families begins the Wednesday after a session’s completion. Refer to Registration Form below for exact dates.

All registrations must have appropriate payment to be confirmed.

Family Last Name ___________________________ Phone ___________________________
(Student account number if applicable)

Email __________________________________________________________________________
(This is the Natatorium’s primary form of communication)

Address __________________________________________________________________________ City ______ Zip ______

Payment type:  
☐ Check (payable to Cranbrook)  ☐ Cranbrook Student Acct

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<th>CHILD’S FIRST NAME</th>
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Total Payment: $ ________

How to REGISTER?

Online:
- Go to schools.cranbrook.edu/williamsnat
- You may only register one swimmer at a time.
- Credit card payments can only be accepted online.
- You will receive a confirmation email.

Mail:
- Complete form below.
- Mail to address on reverse side with check payment.
- Once the form is processed you will receive a confirmation email.

In-person:
- Complete form below. Payments of cash or check will be accepted.
- Once the form is processed you will receive a confirmation email.

Classes offered
Sunday afternoon.

Swimming Lessons Fall ’11 & Winter ’12

Fall
SEP 11 – NOV 6
9 classes
$115

1:00-1:30 or 1:35
SET (30 minutes)
GO (30 minutes)
1ST STEPS (30 minutes)
2ND STEPS (35 minutes)
3RD STEPS (35 minutes)

1:45-2:15 or 2:20
SET (30 minutes)
GO (30 minutes)
1ST STEPS (30 minutes)
2ND STEPS (35 minutes)
3RD STEPS (35 minutes)

Winter
JAN 8 – MAR 4
9 classes
$115

We will accept registrations beginning Monday, August 1st for Fall lessons.
Winter registrations from new families will be accepted beginning Wednesday, Nov 9TH.