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: GO along with S.T.E.P.S.

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.

**GO** (approx. 2 to 4 without parents)

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

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 swim with assistance 3-5 yards. Glide on your front, roll onto your back then float, unassisted, for a minimum of 3 seconds.

**S.T.E.P.S.** For children approximately ages 4 and up, this four-tiered program was created with a progressive 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** (4:1 ratio) To successfully complete this level children must:
- Retrieve objects w/ hands in chest deep water (unassisted)
- Float and kick 3 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 5 yards on their back

**2nd STEPS** (5:1 ratio) To successfully complete this level children must:
- Swim 10 yards of freestyle breathing on their side
- Dive from a kneeling position into the pool
- Demonstrate an open turn
- Tread water for 30 seconds in water at least 5 feet deep
- Swim backstroke 10 yards

**3rd STEPS** (5:1 ratio) To successfully complete this level children must:
- Demonstrate a standing dive in the deep end
- Demonstrate a freestyle flip turn
- Swim freestyle and backstroke 20 yards each
- Tread water for 1 minute
- Dolphin kick 15 yards
- Swim breaststroke 15 yards

**4th STEPS** (7:1 ratio) To successfully complete this level children must:
- Demonstrate a long, shallow dive in the deep end
- Swim freestyle and backstroke 25 yards each
- Tread water for 2 minutes
- Swim butterfly 15 yards
- Swim breaststroke 25 yards

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**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.

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**Water temp is 84 degrees for swimming lessons!**

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**Williams Natatorium**

**Mailing Address:**
Natatorium
PO Box 801
Bloomfield Hills, MI 48303-0801
Attention: Tim Skowronski

**Parking Address:**
550 Lone Pine Road

**Phone** - 248.645.3734

**Fax** - 248.645.3735

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Check us out at
schools.cranbrook.edu/williamsnat
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 __________________________

Email ____________________________________________

Address __________________________________________ City __________________________ Zip ______________

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

Total Payment: $ __________

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**Swimming Lessons Fall ‘15 & Winter ‘16**

**Classes Offered Sunday Afternoon**

**Fall**

$102  SEP 20 – NOV 8
8 classes

1:00-1:30 or 1:35

GO (30 min)
1st STEPS (30 min)
2nd STEPS (30 min)
3rd STEPS (35 min)
4th STEPS (35 min)

**Winter**

$102  JAN 10 – FEB 28
8 classes

We will accept new and returning registrations beginning Tuesday, August 11th for Fall lessons. Winter registrations from new families will be accepted beginning Wednesday, Nov 11th.