

# Registration Information

All registration is held IN-PERSON at Elevate Fitness. Classes fill quickly; should you miss the registration dates, please call Elevate Fitness for information on how to enroll in classes.

Dewitt: 315-446-0376

Liverpool: 315-451-5050



## WEATHER RELATED CANCELLATIONS

Swim lessons will be cancelled due to the weather if the Liverpool Central Schools close or cancel after school activities. Saturday lessons

may be canceled based on the weather, road conditions, etc.

Classes that do not meet due to instructor illness, weather related cancellations, or listed Holidays will be made up at the end of the session. The aquatics staff will do their best to contact you via phone call if lessons are cancelled.

Please note: The department of Health requires us to close the pool for 30 minutes after the last strike of thunder/lightening

## Make-Up Class Policy

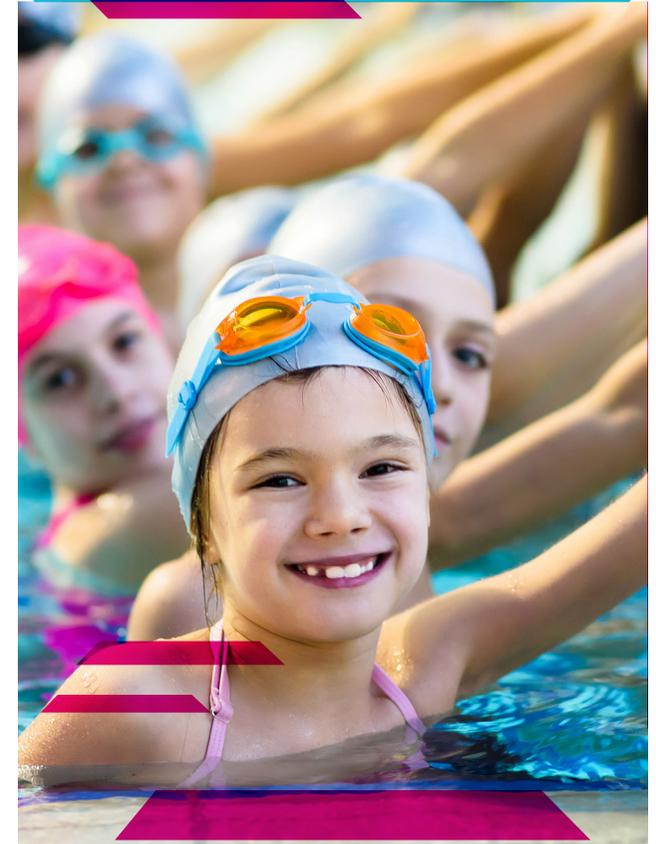
Children who miss class for reasons such as illness, school/sports commitments, or family obligations, etc. will NOT be allowed to make up the missed class, or switch times to avoid missing a class. There will be NO REFUNDS for missed classes. If lessons are cancelled for weather or instructor illness, the Aquatics staff will attempt to reserve a make-up class at the end of each session. If a make-up class is not scheduled than you will be given a voucher for that missed class. Should more than one cancellation occur, you will be given a voucher that may be applied toward future swim lessons.

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## The Fine Print

All Elevate Fitness programs, including swim lessons, are non-refundable and non-transferable without a doctor's excuse. Because our ability to provide swim lessons is contingent upon a minimum participation number, we are unable to give any consideration to refunds or transfers after a session has begun.

In instances where refunds are approved (with required documentation), they may take up to three weeks to be processed. If extenuating circumstances arise and you are unable to participate in swim lessons, you should contact your swim instructor as soon as possible.



**ELEVATE**  
FITNESS

**KIDS**

**SWIM**

**LESSONS**

## Parent & Child

(9 months to 4 years)

This program builds swimming readiness by emphasizing fun in the water. Children will learn bubble blowing, kicking, and back floating. The parents are in the water for this fun class.

## Level One

Introduction to Water Skills  
(Minimum of 4 years old or older)

This class is for the children to learn to put their face in the water, blow bubbles, float on their front and back supported, and learn the beginner stroke. There are no parents in the water for this class.

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## Level Two

Fundamental Aquatic Skills  
(Minimum of 5 years old or older)

This class is for students who can have their face in the water for 3 seconds and are able to float on their front and back unsupported.

## Levels Three & Four

Stroke Development & Improvement  
(Must pass Level 2)

Students must be able to perform the back crawl for 10 yards and the beginner stroke (with their face in the water) for 10 yards. Also, the students must be **EXTREMELY** comfortable in deep water. Students will learn rhythmic breathing for front crawl. Back crawl, sidestroke, breaststroke and safety skills will be emphasized.

Students will develop confidence in the strokes learned and will improve endurance.

## About Levels

It is important that your child be placed in the correct level of instruction. In order to maintain the quality of our swim program, we strive to register 6 children per instructor in level 1 - 4. However, this cannot always be possible. The aquatics staff reserves the right to move children who cannot meet or who exceed the Red Cross swim level pre-requisites. This can increase enrollment in our classes. Please enroll children in the correct level to prevent this from occurring.

Also note that it is completely normal (and common) for a child to repeat a level multiple times before developing the skills necessary to progress to the next level.