

Summer 2020 Swimming/Water Aerobics Classes

Water Babies: \$35
Youth: \$55
Family Water Aerobics: \$5 per person



Courses Offered:

Water Babies: This 4-day (30 minute/day) course is open to children **1-4 years old** and their parents. The objective of this course is to make youth familiar with water and basic swim strokes. *Parents must participate in the water with their child.

Youth Beginning Swimming 1: This 8-day course (1 hour/day) is open to children **4-6 years old** and their parents. The objective of this course is to make youth familiar with water and basic swim strokes. *Parents must participate in the water with their child(ren).

Youth Beginning Swimming 2: This 8-day course (1 hour/day) is open to children **7-12 years old**. The objective of this course is to make youth familiar with water and basic swim strokes.

Family Water Aerobics: This 1-day water aerobics class is open to **all ages**. *Participants must be able to touch the bottom of the 3-foot section of the pool.

Swim Class Schedule			
Type		Date	Time
A	Water Babies	June 22-25	5:30-6:00
B	Water Babies	July 6-9	5:30-6:00
C	Youth Beginning Swim 1	Monday-Thursday, June 29-July 9	12:30-1:30
D	Youth Beginning Swim 1	Monday-Thursday, July 13-July 23	12:30-1:30
E	Youth Beginning Swim 2	Monday-Thursday, July 13-July 23	5:30-6:30
F	Family Water Aerobics	July 7	11:00-12:00
G	Family Water Aerobics	July 9	11:00-12:00

Participants must pre-register to attend classes and full payment will be due at the time of registration. Registrations received without payment will be rejected. Classes are held to a maximum of 10 students per class and registrations are taken on a first come first serve basis. Course cost is \$55 per child, \$35 per water baby and \$5 per person for aerobics. This payment is non-refundable. Refunds will NOT be issued for cancellations due to inclement weather. In the event of known inclement weather, the instructional staff will make every attempt to contact parents via phone at least one hour prior to the beginning of class.

All parents are encouraged to share in the fun by "getting in" and participating with their children. You will both benefit from the experience!

In-Water parental participation is **required** for all children who are less than three feet six inches tall.

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Holiday Lake 4-H Educational Center Registration Form

Name (Parents): _____

Mailing Address: _____

Phone Numbers:

Home: _____

Work: _____

Cell: _____

Which is the best way to contact you in the event a class must be cancelled?
(This is often due to weather conditions.) _____

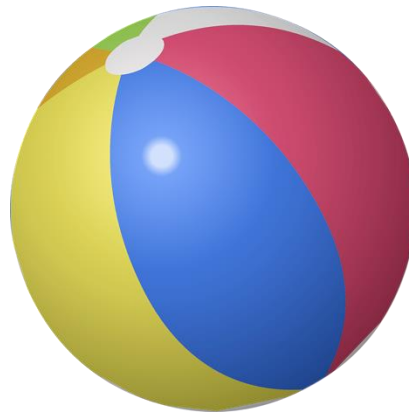
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Name (Student)	Age	Class (A-G)	Payment (\$)
1.			
2.			
3.			
4.			
5.			

Total: \$

Please mail payment and registration to:

Holiday Lake 4-H Educational Center
1267 4-H Camp Road
Appomattox, VA 24522



For questions call **(434)248-5444** or check out our website at **www.holidaylake4h.com**

Holiday Lake 4-H Educational & Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

If you are a person with a disability and desire assistance or accommodation, please notify Holiday Lake's Office at 434-248-5444 during business hours of 8 a.m. and 4:30 p.m. *TDD number is (800) 828-1120.