

Courses Offered:

The Swim Ministry offers American Red Cross (ARC) certifications for Level 1 (Novice) through Level 6 (Advanced Skills). When registering a swimmer *new to the Swim Ministry*, please refer to these Levels. **If the swimmer has had no previous experience or had a negative experience, please note that on the registration form.**

An American Red Cross level is completed when the swimmer can easily do the following:

Level 1: (1) Enter the water (ladder, steps or side); travel 5 yds; bob 3 times; then exit pool. (2) Glide on front 2 Body Lengths; roll to back float (3 sec); and recover to a vertical position (with armbands or other support).

Level 2: (1) Step into chest-deep water; front float - 5 sec; roll to back and float - 5 sec; stand. (2) Back float - 5 sec; roll to front; stand. (3) Push off; swim 5 Body Lengths on front; roll to back; float 15 sec; roll to front and swim 5 Body Lengths.

Level 3: Jump into deep water from the side, swim front crawl for 15 yards; maintain position by treading or floating for 30 seconds; and swim elementary backstroke for 15 yards.

Level 4: (1) Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. (2) Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Level 5: (1) Shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards. (2) Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Level 6: (1) Swim 500 yards, no stops, using 3 strokes of your choice, swimming at least 50 yards of each stroke. (2.) Jump into deep water; survival float for 5 min., roll to back; back float for 5 minutes. (3) Feet First Surface Dive; retrieve an object (7 feet of water); return to starting point.

We assign a swimmer's teacher based on the information provided on the Application Form. During lessons we reserve the right to move a student into a level appropriate to their abilities. The weeks and times a particular skill level is offered is established by the Registrar based on student needs and effective utilization of instructors and facilities. Levels 1 - 6 will be offered for all weeks and for several hours. Levels 5-6 must be completed in a deep water pool, but stroke training for these levels may be in either pool.

Teacher's Aides: Swimmers who are at least 11 years old and working at skill Level 4 or higher may apply to participate in our Teacher's Aide program which combines class work with experience in teaching others. Call (513-542-2442) and ask for details.

Teaching Staff:

Founded in 1976, this unique ministry has a large staff of American Red Cross certified instructors, life guards, supervisors and Junior and Senior High teachers' aides. Every summer there is a good mix of staff — some with 50+ years of experience and others who are new teachers being supervised by experienced staff. Adult staff are believers confessing Jesus Christ as Savior & Lord.

Class Information:

Students should arrive 10 minutes early on the first day of their swim week, be dressed in their swim suits, and bring a towel. Classes are held rain or shine. Observers are encouraged. Miracles are expected!

Registration Information

Reservations will be received for any and all of the teaching weeks. Inexperienced or reluctant swimmers will especially benefit from more than one week of lessons per summer. Include the Registration Fee of \$30 per week per swimmer with the Registration form. The class fee of \$30 per week per swimmer is due the first day of class, but may also be paid at the time of registration.

When you register, list your time preferences. List family members/ friends /carpool who expect to attend classes at the same hour. We will seek to honor your requests. Placement is on a first-come-first served basis.

Swimmers will be notified by mail or phone of the specific class time (10am, 11am, 12pm or evening) at least one week prior to the week for which a reservation is made.

Registration fees are non-refundable. Please call (513) 542-2442 if you must cancel a reservation. We have historically had a Waiting List for all weeks.

Make Checks Payable to CHPC Swim Ministry


Need extra brochures & forms?
Go to www.chpc.org and click the button marked "FORMS" or
eMail: CHPCSwimMinistry@aol.com

41 YEARS

Swimming
Instruction
with an Eternal
Difference

Delivering the Joy
of Living Water

Ages 3 yrs
to Senior Adult



Thought bubble: **Saved? I didn't even know I was drowning!**

Swim Ministry Voice Mail
513-542-2442 or email
chpcSwimMinistry@aol.com

The Goal... of the CHPC Swim Ministry is to equip students for what the American Red Cross describes as 'survival' swimming. An integral part of such survival is being relaxed and confident in the water so that swimming is fun. Our focus is not on speed or beautiful swimming. We prepare students for a lifetime relationship with water, including the Living Water, Jesus Christ...the rest will follow.

Teaching Philosophy:

We believe that God has gifted the teaching staff with the talent to help others to enjoy water and swimming. We are available to teach so that God may teach through us. We are accountable to Him to use our talents, and we expect Him to do miraculous things in our midst.

The classes and teaching have been structured so that students are able to build a relationship with a teacher. We view each class as an opportunity for teachers, teachers' aides, and students to join together to discover their unique capabilities...and to grow as people, not just as swimmers! We teach and, in turn, are taught by the LORD through meeting the special needs of the individual students.

We strongly believe in the power of prayer in the teaching and learning process: prayer by teachers, students, parents & friends. Anxiety, fear and negative memories are powerful deterrents to learning. We have seen Jesus Christ calm such "winds & waves" of fear, just as surely as He did over 1900 years ago on the Sea of Galilee. Philippians 4:13 says, "I can do anything God wants me to do by the power He gives me to do it!" Even the smallest faith in a great God releases God's great power.

Lastly, we seek to "catch students doing something right." We are committed to affirming the swimmers' personhood and abilities, rather than motivating performances by techniques that tend to devalue them in their own eyes and in the eyes of others.

Locations & Times:

POOLS: The Swim Ministry is graciously hosted by two pools in Northwest Cincinnati this summer.

Pool A: North Hills Swim Club - A multi-level pool good for all skill levels, plus a diving area needed for upper level courses. Phone 521-4620; 6346 Daly Rd. Take Ronald Reagan to Hamilton or Winton Rd. Daly is midway between the two. The pool is south of Galbraith Rd, north of North Bend Rd.

Pool B: The Connection at Twin Towers Retirement Community - A shallow, warm water pool perfect for

adults. Phone 853-4100; 5343 Hamilton Ave. The pool is 3.5 miles south of Ronald Reagan Highway, south of the Belmont Ave intersection; located on the ground floor. Park and enter at the rear of the main building.

Lessons: Lessons are held rain or shine for about 50 minutes/day, for five consecutive days. Class times:

For Children & Youths

Mornings: All 3 Weeks, 10am, 11am, 12noon
American Red Cross Skill Levels 1 through Levels 6 are taught in the morning most weeks.

For Adults

Evenings: 2 Weeks, 6-7pm in the *warm water* indoor pool at *The Connection* of Twin Towers in College Hill. Skill Levels 1-6 — fearful with no previous lessons through advanced swimmers wanting to perfect strokes. Questions? Call Sam Stare 542-2442 (coordinator of adult lessons) or email starecvg@aol.com for more information.

To Register: Use the form enclosed or a copy of the form. Clearly describe swimmer's skills.

Easy Payments: The total fee per swimmer per week is \$60. Families have found it helpful to use the **2-STEP** plan:

- **STEP #1** Registration Fee: \$30.00 per swimmer, per week must be included with the application. This non-refundable fee covers materials and supplies and reserves a teacher for the student. Check the chart on the back of the Application Form for fees for more than one swimmer.
- **STEP #2** Class Fee — an additional \$30 per swimmer per week is due the first 1st day of class.

Scholarships — A limited number of part or full scholarships are available. Please follow the directions on the Application Form for information.

Swim Ministry Gifts: Use the attached application to order your easy-to-frame Heirloom Calligraphy limited edition print of Philippians 4:13, (8"x10" size) only \$5.

Donate a Scholarship:

The Swim Ministry is one of the summer ministries of College Hill Presbyterian Church, but is totally self-supporting. 25% of our income is from Grants and Scholarship Fund Donors (individuals and businesses). These *tax deductible* gifts make it possible for children to learn to swim: \$60 = one scholarship. Call Sam Stare (513-542-2442).



2017 Class Schedule

CHILDREN/YOUTHS
North Hills Swim Club 10, 11am, 12pm

JUNE: Week # 1					
	Mon	Tu	W	Th	F
June	26	27	28	29	30
JULY: Week # 2					
	Mon	Tu	W	Th	F
July	17	18	19	20	21
JULY-AUG: Week # 3					
	Mon	Tu	W	Th	F
July-Aug	31	1	2	3	4

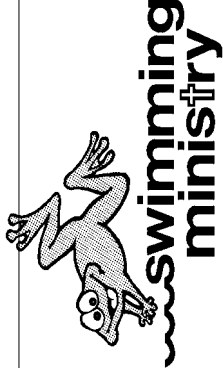
ADULTS - Twin Towers Pool 6-7pm

Adults Week # A					
	Mon	Tu	W	Th	F
July	10	11	12	13	14
Adults Week # B					
	Mon	Tu	W	Th	F
July	24	25	26	27	28

Practice Makes Perfect

• **North Hills Swim Club** — Open Memorial Day weekend through Labor Day. Pool with lap lanes and diving well, baby pool area, picnic area with grills, the award-winning Froggies Swim & Dive teams, groups & private lessons for swimming and tennis, family fun nights/fund raisers, and adult & kids social events throughout the summer. Free WiFi. Individual (\$315.65); Couple (\$460.10); Family (\$599.20); and 'Silver' for those over 65 (\$294.25 single/\$411.95 couple). PayPal accepted. For more info or to inquire about New Member discounts, email nhswim@gmail.com or go to <http://nhswim.net/>.

• **The Connection at Twin Towers Senior Living Community** — Open to adults at least 50 yrs old; state-of-the-art facility emphasizing whole person health & wellness; 75 foot long *warm water* pool; whirlpool; water or land classes; water aerobics for arthritis and fitness. \$50 one time registration fee. Individual membership \$263/6 months; \$482/yr; Couples \$345/6 mo; \$564/yr. Or, 10 visit punch-card for \$55; 20 for \$90. Call 513-853-4100 for hours and information. Website <http://www.LEC.org>.



College Hill Presbyterian Church

2017 Swim Ministry Application

PLEASE PRINT (use this form for registration)

parent/guardian name(s) _____ home phone _____

address: # street _____ cell or alternate phone _____

city state _____ 9 digit zip _____ email _____

Swimmer Info: New to the Swim Ministry? **Please read about the Red Cross levels in our brochure.** Provide a clear description of the swimmer's skill. This will aid in insuring correct class placement. We have computer records for former Swim Ministry students, but note training/experiences since the last lessons with the Swim Ministry. (Minimum age is 3 years as of the first day of class.)

student #1

name _____ date of birth _____ age _____ approx height _____ boy, girl

CHECK ALL THAT APPLY: Previous Swim Ministry lessons; Other Red Cross or YMCA lessons (year/level) _____

will put face in water; regularly swims with face in; jumps into deep water unassisted; note negative swim experiences.

student #2

name _____ date of birth _____ age _____ approx height _____ boy, girl

CHECK ALL THAT APPLY: Previous Swim Ministry lessons; Other Red Cross or YMCA lessons (year/level) _____

will put face in water; regularly swims with face in; jumps into deep water unassisted; note negative swim experiences.

student #3

name _____ date of birth _____ age _____ approx height _____ boy, girl

CHECK ALL THAT APPLY: Previous Swim Ministry lessons; Other Red Cross or YMCA lessons (year/level) _____

will put face in water; regularly swims with face in; jumps into deep water unassisted; note negative swim experiences.

(attach a separate piece of paper with information to register more than three students or photocopy this form)

Lessons: To help us meet your needs and make the best use of staff & facilities, please list the week(s) you're requesting, for which student(s) by number. Cross out class times that do not work for you. Circle your preferred time. We try, but can't guarantee those car pooling together will be scheduled for the same time.

Week	Student #	Time	Carpool or coming with...
(EXAMPLE)	1, 2	10am	Jimmy Jones, Karen Lloyd

WK #1 Skill Levels 1-6 lessons at North Hills Swim Club at 6346 Daly Road, north of North Bend Road.
June 26-30 _____ 10am _____ 11am _____ 12pm _____

WK #2 Skill Levels 1-6 lessons at North Hills Swim Club at 6346 Daly Road, north of North Bend Road.
July 17-21 _____ 10am _____ 11am _____ 12pm _____

WK #3 Skill Levels 1-6 lessons at North Hills Swim Club at 6346 Daly Road, north of North Bend Road.
July 31-Aug 4 _____ 10am _____ 11am _____ 12pm _____

WK #4 **ADULTS ONLY** lessons at the Connection at Twin Towers Retirement Community in College Hill.
July 10-14 _____ 6-7pm _____ Warm water indoor pool _____

WK #5 **ADULTS ONLY** lessons at the Connection at Twin Towers Retirement Community in College Hill.
July 24-28 _____ 6-7pm _____ Warm water indoor pool _____

Adult and Older Teen Lessons:

Our host pools are good for teaching adults and older teens of a wide variety of skill levels. Our fun, personalized classes have been very helpful to men and women new to swimming, ones with a fear of the water, or those wanting to refine their swimming skills to swim more easily. Consider inviting a friend to join you so you may encourage one another. This summer, adult classes are offered from 6pm to 7pm on July 10-14 and July 24-28. Lessons are held in an indoor, warm water pool designed for adults. Two weeks are helpful for newer swimmers. Questions? Call Sam Stare (513) 542-2442 or email CHPCSwimMinistry@aol.com.

Registration for all swimmers is on a first-come-first-served basis, for any & all teaching weeks.

Register early. At the novice and beginner levels, we teach one-on-one with teenage Teacher's Aides working under an adult supervisor. At the upper levels, we prefer a four-to-one ratio. Therefore, we do limit enrollment. If a class is filled, you will be notified that you are on a 'waiting list.' At least a week prior to the lessons, you will be notified by phone or mail of the particular class time for which you are scheduled — it may not be your first choice. Since 1991, we have had waiting lists, but we seek to accommodate those desiring lessons. Please register early.

STEP #1 — **The Registration Fee of \$30 per week, per swimmer must be included with this form** to reserve the week(s) you have requested. **All registrants pay this fee.** Refer to the chart below to calculate the fee.

# of swimmers	# weeks of lessons	fee to register	# of swimmers	# weeks of lessons	fee to register	# of swimmers	# weeks of lessons	fee to register
1	1	\$30	2	1	\$60	3	1	\$90
	2	\$60		2	\$120		2	\$180
	3	\$90		3	\$180		3	\$270

STEP #2 — **The Class Fee of \$30 per week, per student is due the first day of the respective week of lessons.** A \$5 late fee may be charged if fees are not paid or covered by a scholarship by the end of the swim week.

Scholarships: We trust that God will provide, and that part or full scholarships will be available. Please feel free to call Sam Stare (513) 542-2442 and ask about a part or full scholarship. Also please pray for grant money from the Greater Cincinnati Foundation, CHPC Endowment Fund, Lord's Bounty and other sources.

I WANT TO HELP THE SWIM MINISTRY SCHOLARSHIP FUND:

Please send me (number desired) # _____ of the Philippians 4:13 Heirloom Calligraphy print (\$10 each)

Sponsors: In 2016, the Swim Ministry taught over 500 swim lessons with 125 staff. We provided nearly \$5100 in scholarships. We invite individuals and businesses to contribute to the Scholarship Fund. *Such gifts are tax deductible.* \$60 provides a full scholarship. For more information or to suggest possible donors, please call our voice mail (513-542-2442) or email: starecvg@aol.com.

Mail application & registration fee to:

CHPC Swim Ministry

1506 LARRY AVE, CINCINNATI OH 45224-2132

MAKE CHECKS OUT TO: CHPC SWIM MINISTRY

Questions? Call: (513) 542-2442 or

email: CHPCSwimMinistry@aol.com

Pool A: North Hills Swim Club [(513) 521-4620]
6346 Daly Road. Ronald Reagan to Hamilton or Winton Road. Daly is midway between those two roads, south of Galbraith Road, north of North Bend Road.

Pool B: 'The Connection' at Twin Towers Senior Living Community [(513) 853-4100] 5343 Hamilton Avenue. 3.5 miles south of Ronald Reagan Hwy — south of the Belmont Avenue intersection. On the ground floor at the northwest end of the Main Building. Park/enter at the rear of the Main Building — use the 'The Connection' double doors.

