



## Swimming Instruction with an Eternal Difference Ages 3 yrs to Senior Adult

Swim Ministry Questions  
513-542-2442  
Or email [chpcSwimMinistry@aol.com](mailto:chpcSwimMinistry@aol.com)  
FORMS ONLINE at  
[chpc.org/ministries/swim-ministry](http://chpc.org/ministries/swim-ministry)

**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 and 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 amazing 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.

### Courses Offered

The Swim Ministry is an American Red Cross (ARC) provider for Level 1 (Novice) through Level 6 (Advanced Skills). When registering a swimmer, you will be asked about skill levels. Refer to the levels described below. If the swimmer has had no experience or has had a negative experience, please note that on the APPLICATION form.

The swimmer can easily do these skills...

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.

### Locations & Times

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

**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.

**The Connection at Twin Towers Retirement Community** - A shallower, 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** are taught in 1 week sessions and are held rain or shine for about 50 minutes/day for five consecutive days.

### Class Times

*For Children & Youths*

*Mornings:* 3 Separate Weeks - 10AM, 11AM, 12 Noon  
ARC Skill Levels 1 to 6 are taught in the morning most weeks.

*For Adults*

*Evenings:* 2 Weeks - 5:45-7PM  
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? Contact Sam Stare (513-542-2442; [starecvg@aol.com](mailto:starecvg@aol.com)) Swim Ministry Administrator.

**The Lesson Cost** is \$70 per swimmer per week which may be paid in 2 Easy Steps:

• **STEP #1 Registration Fee - \$35.00 per swimmer, per week.** This *non-refundable fee* reserves a teacher for the student(s). No action will be taken on your application without payment of the Registration Fees.

• **STEP #2 Class Fee - an added \$35 per swimmer per week** is due the first 1st day of a week of swim classes.

(1) Before May 1, register by mail - print the brochure, complete the application and mail it. Pay the registration fees by check, money order or cash. No convenience fee is charged. **WE WILL NOT DEPOSIT PAYMENTS UNTIL WE ARE SURE WE CAN PROVIDE LESSONS.**

(2) May 1, register online at [chpc.org/ministries/swim-ministry](http://chpc.org/ministries/swim-ministry). Pay registration fees by credit card; a 2.75% convenience fee is automatically added.

• **To Mail-In a check/money order for your fees, make Payable to CHPC Swim Ministry**  
c/o Sam Stare , 1506 Larry Ave, Cincinnati OH 45224

**Scholarships** — A limited number of part or full scholarships are available. Please follow the directions on the Application Form for information. Questions? Sam Stare (513-542-2442)

### After the Application is submitted online

1. You will receive an email acknowledging your application and the fees you paid . Your Registration Fees will be listed. If you did not pay by credit card, it is your responsibility to pay the fees by mail quickly. No action will be taken on your Application until *non-refundable* Registration Fee(s) are paid.
2. The Parent/Guardian listed on the Application will be notified by mail or email of the assigned class time (10AM, 11AM, 12PM or evening) at least one week prior to the requested swim week(s).
3. Please call Sam Stare (513) 542-2442 if you must cancel or change a reservation. We often have a waiting list.

### General Information

You may apply for any and all of the teaching weeks. Inexperienced or reluctant swimmers will especially benefit from more than one week of lessons per summer. When you apply, list your time preferences and the 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.

**Pay Registration Fees quickly so your Application is not delayed. Fees may be paid by credit card after May 1.**

When fees are paid, we assign a swimmer's class level 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 through 6 will be offered for all weeks, and for several hours. Levels 5-6 must be completed in a deep water pool, however stroke training for these levels may be in either pool.



## 2020 Class Schedule

**CHILDREN/YOUTHS**  
North Hills Swim Club 10AM, 11AM, 12PM

JUNE: Week # 1					
	Mon	Tu	W	Th	F
June	22	23	24	25	26
JULY: Week # 2					
	Mon	Tu	W	Th	F
July	13	14	15	16	17
JULY-AUG: Week # 3					
	Mon	Tu	W	Th	F
July	27	28	29	30	31

**ADULTS - Twin Towers Pool 5:45-7PM**

Adults Week # A					
	Mon	Tu	W	Th	F
July	6	7	8	9	10
Adults Week # B					
	Mon	Tu	W	Th	F
July	20	21	22	23	24

### 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!

**Teaching Aides** Swimmers who are at least 11 years old and working at skill Level 4 or higher may apply to participate in our Teaching Aides program which combines class work with experience in teaching others. Call Sam Stare (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 & Senior High Teaching 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.

### 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: \$70 = one scholarship. Call Sam Stare (513-542-2442).

### Practice Makes Perfect. Join a pool.

• 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, group/private swimming and tennis lessons (depending on interest), family fun nights/fund raisers, and adult & kids-oriented social events throughout the summer. Free WiFi. Memberships have several categories to fit everyone - Individual (\$353.10); Couple (\$524.30); Family (\$679.45); and 'Silver' for those over 65 (\$331.70) single or \$465.45 couple). PayPal and credit cards accepted. For more information or to inquire about New Member rates, email [nhswwim@gmail.com](mailto:nhswwim@gmail.com) .

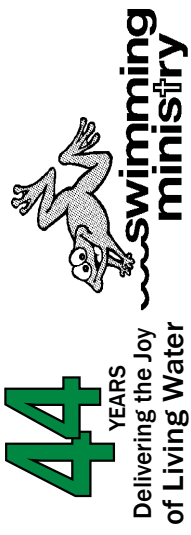
• 'The Connection' at the Twin Towers Senior Living Community — Open to adults at least 50 yrs old; state-of-the-art facility emphasizing whole person health & wellness; 75 foot long *warm water* pool; whirlpool; water or land classes; water aerobics for arthritis and fitness. \$50 one time registration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

**COVID-19 ALERT – PLEASE APPLY FOR LESSONS SOON. WE NEED TO PLAN TO MEET YOUR NEEDS. WE WILL DEPOSIT NO CHECKS OR PAYMENTS UNTIL WE ARE SURE WE CAN PROVIDE LESSONS.**

College Hill Presbyterian Church

## 2020 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;  list 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;  list 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;  list 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
		11am	
		12pm	

WK #1 Skill Levels 1-6 lessons at North Hills Swim Club at 6346 Daly Road, north of North Bend Road.  
June 22-26 \_\_\_\_\_ 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 13-17 \_\_\_\_\_ 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 27-31 \_\_\_\_\_ 10am 11am 12pm \_\_\_\_\_

WK A ADULTS ONLY lessons at the Connection at Twin Towers Retirement Community in College Hill.  
July 6-10 \_\_\_\_\_ 5:45-7pm Warm water indoor pool \_\_\_\_\_

WK B ADULTS ONLY lessons at the Connection at Twin Towers Retirement Community in College Hill.  
July 20-24 \_\_\_\_\_ 5:45-7pm Warm water indoor pool \_\_\_\_\_

### Adult and Older Teen Lessons:

Our host pools are good for teaching adults and older teens 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 5:45pm to 7pm on July 6-10 and July 20-24. Lessons are held in an indoor, warm water pool designed for adults. Taking two weeks of lessons is helpful for newer swimmers. Questions? Call Sam Stare (513) 542-2442 or email [CHPCSwimMinistry@aol.com](mailto: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 email 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 \$35 per swimmer per week of lessons 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	\$35	2	1	\$70	3	1	\$105
	2	\$70		2	\$140		2	\$210
	3	\$105		3	\$210		3	\$315

**STEP #2 — In addition, the Class Fee of \$35 per student per week of lessons is due the 1st day of a given week** of lessons. A late fee may be charged if fees are not paid or covered by a scholarship by the end of a 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 2019, the Swim Ministry taught nearly 600 swim lessons with 89 staff. We provided almost \$4000 in scholarships. We invite individuals and businesses to contribute to the Scholarship Fund. *Such gifts are tax deductible.* \$70 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](mailto: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 our Voice Mail (513) 542-2442 or email: [CHPCSwimMinistry@aol.com](mailto: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.

