Welcome to Polar Bear Swimming! Please read this packet carefully and as always if you have any questions please let us know! Groups are based on the swimmer’s level and age and allow the child to develop physically, mentally, and emotionally. The emphasis in the early groups is placed on developing technical skills and a love for the sport. As the child grows, a more demanding physical and psychological challenge is introduced to the training program.

In addition to focusing on long-term results, it is important that we establish groups of swimmers who are compatible in terms of ability, goals, and commitment. At each level we have designed specific requirements and goals that have been set toward meeting the needs of the swimmer. The long-term goal of total excellence is always in mind. Each child is different; so please remember they will develop at their own rate.

We look forward to a wonderful session! Check out our website for more information.

**Qualifications:** Four Seasons Polar Bear Swim Team is open to any child who has a basic knowledge of all four strokes. The final approval is at the discretion of the coach.

**Membership Fees:** Polar Bear Swim Team is a free program; included in the family membership fees. Registration for the program is required.

**Practice:** While coaches want swimmers to enjoy their practice time, certain rules of behavior must be followed to ensure the safety of all swimmers. All swimmers must be respectful of other Four Seasons members and the facilities provided by Four Seasons. The coaches will discuss rules with the swimmers.

**Practice sessions are held Monday through Thursday at the following times:**
Age Group 1: (5 – 8 years) – 6:15-7:00pm Monday through Thursday
Age Group 2: (9 – 10 years) – 6:15-7:15pm Monday through Thursday
Age Group 3: (11 – 12 years) – 7:15 – 8:15pm Monday through Thursday
Age Group 4: (13 – 18 years) – 7:15-8:30 pm Monday through Thursday

*If you are interested in pre-team; please see class description and times on our Learn-to-Swim schedule.

**Tryouts/Skill Evaluation:**
If you were not enrolled in the past session of swim team or if you child has improved over the past months, your swimmer will need to attend tryouts. During tryouts, your child will be asked to show stroke technique, flip turns, etc to determine which lane and practice group they should be placed in. Please understand that this is for the benefit of your child to ensure that they ready to participate in swim team. The final approval is at the discretion of the coach.
GENERAL INFORMATION

**Parking:** The parking lot next to the building and the lot north of Springfield Electric are available at all times. The Springfield Electric parking lot is available only after 5:15 pm on Monday through Friday, after 3:15 pm on Saturday, and all day on Sunday. Please park only in identified spaces respecting the apartments and businesses that are neighbors to Four Seasons. People who park in other than the designated locations will be ticketed or towed at the owner’s expense.

**Using the Club:** Members are the only people who should be using the other areas of the club. If you bring someone into the facility to watch a swim meet, please remember they are to stay in the pool area while at Four Seasons and exit the facility after the swim meet. You may contact the Front Desk at Four Seasons I at least 24 hours in advance to obtain a Swim Observation Pass to bring a family member to watch a swim meet. At no other times will Four Seasons allow non-members to enter the clubs. For guest policies, please refer to you member handbook or ask the customer service representatives at the front desk. Please abide by all Four Seasons rules and regulations, and reinforce an attitude of good behavior with your child while using the facilities.

A parent or guardian, age 18 or older, must remain in the facilities while any child under the age of 9 is participating in any swim team practice or swim meet.

**Attendance Policy:** As long as once a week attendance is fulfilled, your child can remain in the program without having to re-register. If your child misses a minimum of two consecutive weeks, we will contact you regarding your continued participation in the group. This is to allow our wait listed members the chance to join the team if openings occur. Please contact the Head Swim Coach or the Aquatics Manager for questions.

**Swim Team Communication:** Please make sure you provide your email address on the registration form. Once on our coach’s email list, you will receive updates about practices, special events during the season, and important swim meet information. Email is the only way our Head Coach communicates our swim team parents. If you prefer not to give your email address, please make sure you check the swim team bulletin boards frequently for updates throughout the season. Please note: pre-registration is handled by email only.

Four Seasons I  
904 Four Seasons Road  
Bloomington, IL 61701  
(309) 663-2022  
[www.4seasons-club.com](http://www.4seasons-club.com)

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**Head Coach:** Sarah King  
Email: swimcoach@4seasons-club.com

**Aquatics Manager:** Michelle Bernardi  
Email: michelle@4seasons-club.com  
Phone: 663-2022 ext. 123

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Check out our new online registration form!

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Office Use Only:

Updated 3/10/2014
FOUR SEASONS POLAR BEAR SWIM TEAM 2014
REGISTRATION FORM

Parent(s) Information: (*Required) PLEASE WRITE CLEARLY

*Name: ____________________________________ *Membership #: ______________________

*Address: ________________________________ *City: ________________________________

*Telephone: ______________________________ *Email: ______________________________

Swimmer(s) Information:

<table>
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<tr>
<th>NAME OF PARTICIPANT</th>
<th>AGE (AS OF MAR 1st)</th>
<th>BIRTHDATE (MM/DD/YY)</th>
<th>GENDER (M/F)</th>
<th>AGE GROUP (1, 2, 3, 4)</th>
<th>WHAT DAYS ARE YOU PLANNING TO ATTEND PRACTICE?</th>
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2014 Open Enrollment & Session Dates:

Spring ‘14 Enrollment: March 10 – 21, 2014
Session Dates: March 31 – May 15, 2014
Tryouts: March 17 & 18 from 6:00-7:00pm

*New participants must attend tryouts before attending practice. Sign up at the front desk at Four Seasons I