

# Norwich Comfort Inn

Time	Monday		Wednesday	
9:30-10:00	Parent/Tot	bubbles I	Adult Instruction	Intro to bubbles
10:00-10:30	Turbo 2's	bubbles II	Adv. Parent/Tot	Butterfly I & II
10:30-11:00	Adv. Parent/Tot	Intro to bubbles	bubbles I	bubbles III
11:00-11:30	Intro to Butterfly	bubbles II & III	Parent/Tot	Intro to Butterfly
11:30-12:00	Super Tots	bubbles I & II	Turbo 2's	bubbles II
12:15-12:45	Butterfly I & II	Intro to bubbles	Intro to bubbles	bubbles I & II
12:45-1:15	Parent/Tot	bubbles I & II	Super Tots	Butterfly I & II
1:30-2:00	bubbles III*	Turbo 2's*	Montessori Discovery School	
2:00-2:30	Butterfly I&II*	bubbles I*	Montessori Discovery School **	
2:30-3:30	Butterfly II & III		Homeschool Swim 2:30-3:30	
3:30-4:00	Intro to Butterfly	bubbles I	Butterfly I	Intro to bubbles
3:45-4:15	bubbles II & III		bubbles II	
4:00-4:30	Turbo 2's	Intro to bubbles	Intro to Butterfly	bubbles III
4:15-4:45	Butterfly II & III		bubbles I	
4:30-5:00	Butterfly I	bubbles I	Butterfly II	Turbo 2's
4:45-5:15	Parent/Tot & Advanced Parent/Tot		Butterfly I & II	
5:00-5:30	Turbo 2's	Butterfly I	Parent/Tot	Intro to bubbles
5:15-5:45	Super Tots		Intro to Butterfly	
5:30-6:00	Butterfly II	Intro to bubbles	Super Tots	bubbles II & III
5:45-6:15	Advanced Parent/Tot		bubbles I	
6:00-6:30	Intro to Butterfly	bubbles I	Adv. Parent/Tot	Turbo 2's
6:15-6:45	bubbles II & III		Butterfly II & III	
6:30-7:00				

\* Fall & Winter Swimester

\*\* Spring Swimester

# Swim Schedules



Anna - 2 years

Schedule is subject to change due to the enrollment needs of our participants



member of...



# Griswold AmericInn

Time	Tuesday		Thursday	
9:30-10:00	Adult Instruction	bubbles II	Adv. Parent/Tot	bubbles I
10:00-10:30	Parent/Tot	Intro to bubbles	Butterfly I & II	Intro to bubbles
10:30-11:00	Butterfly I & II	bubbles I	Parent/Tot	bubbles II
11:00-11:30	Adv. Parent/Tot	Intro to Butterfly	Super Tots	Intro to bubbles
11:30-12:00	Turbo 2's	bubbles II	Turbo 2's	Intro to bubbles
12:15-12:45	bubbles I	bubbles III	Parent/Tot	bubbles III
12:45-1:15	Super Tots	Butterfly I & II	Parent/Tot	bubbles II
1:15-1:45	Homeschool Swim 1:30-2:30		Intro to Butterfly	bubbles I
1:45-2:15			Parent/Tot & Adv. Turbo 2's	bubbles II & III
2:15-2:45			Butterfly I & II	
3:30-4:00	Monarch	Intro to bubbles	Griswold School & Griswold Rec Rental	
3:45-4:15	Butterfly I		bubbles I	Butterfly II & III
4:00-4:30	bubbles II	Butterfly II & III	Turbo 2's	
4:15-4:45	bubbles I		bubbles II & III	Intro to Butterfly
4:30-5:00	Turbo 2's	bubbles III	Parent/Tot	
4:45-5:15	Intro to Butterfly		Monarch	bubbles II & III
5:00-5:30	Parent/Tot	Butterfly III	Super Tots	
5:15-5:45	Butterfly I & II		bubbles I	bubbles III
5:30-6:00	Adv. Parent/Tot	bubbles I	Instr. Aid I & II	Adv. Parent/Tot
5:45-6:15	Butterfly II & III		Guard Start	Turbo 2's
6:00-6:30	Super Tots	bubbles II & III	5:45-6:45	Butterfly I
6:15-6:45	Water Fitness Class 6:30-7:15		Stroke Club	Adult Instr.
6:30-7:00			6:30-7:15	6:30-7:00

Selene, Alyssa, Megan, and Laura at Lifeguard Competition



NEW!

# Norwich Comfort Inn

Time	Sunday	
12:30-1:00	Parent/Tot	Intro to bubbles
12:45-1:15	Intro to Butterfly	Butterfly II
1:00-1:30	Adv. Parent/Tot	bubbles I
1:15-1:45	bubbles III	Butterfly III
1:30-2:00	Turbo 2's	bubbles II
1:45-2:15	Butterfly I	Intro to bubbles
2:00-2:30	Super Tots	bubbles I
2:15-2:45	Intro to Butterfly	bubbles III
2:30-3:00	Butterfly II & III	Intro to bubbles
2:45-3:15	Butterfly I	bubbles II
3:15-3:45	Adv. Parent/Tot	bubbles I
3:30-4:00	Butterfly II	Intro to Butterfly
3:45-4:15	Parent/Tot	bubbles I
4:00-4:30	Butterfly III	Turbo 2's
4:15-4:45	Adult Instruction	Butterfly I
4:30-5:00	bubbles II & III	Intro to bubbles

## DIRECTIONS • DIRECTIONS • DIRECTIONS

### Comfort Inn & Suites

275 Otrobando Ave • Norwich, CT 06360

**From Rt 2 East:** Take Exit 27. Turn left at ramp light. Take next right at the light onto Otrobando Ave. Hotel is on left.

**From South:** Interstate 95 to Rt 395 North. Exit 81 West onto Rt. 2 West. Exit 27. Hotel is at the bottom of ramp.

**From North:** 395 South. Exit 82. Go straight at the bottom of the ramp light. Continue to stop sign. Take a right onto Otrobando Ave. Hotel is one mile on the right.

**Parking:** Park on the left side or the rear of building. Preferable: Use rear entrance, go up stone stairway. Pool & changing rooms are downstairs on the lower level.

If traveling with a stroller, enter from front of the building. Elevator is on the right side of lobby, go to lower level.

### AmericInn Lodge & Suites

375 Voluntown Rd • Griswold, CT 06351

**From North:** 395 South. Exit 85 to Rt 138. Turn right, hotel is on your left.

**From South:** 395 North. Exit 85. Straight at first light to Rt 138. At second light, turn left. Hotel is on your left.

**Parking:** Park on the left side of the building. Please leave the immediate front spots for hotel guests. Enter through the hotel lobby. Pool area is on the left side of the lobby. Changing rooms are located inside pool area.



Sarah - 12 years

Register for classes online: [www.bubblestobutterfly.com](http://www.bubblestobutterfly.com)

We're on the Web! Come check us out at [www.bubblestobutterfly.com](http://www.bubblestobutterfly.com)



Return Service Requested

Bubbles to Butterfly Swim School 999  
P.O. Box 739 • Baltic, CT 06330  
860.822.6879 • E-mail: [MBCSwim@aol.com](mailto:MBCSwim@aol.com)

PRESORT STD  
U.S. POSTAGE  
PAID  
UNCAVILLE, CT  
PERMIT NO. 4

swimming is  
our only  
business

**NEW!**  
Sunday  
class  
schedule  
at  
Norwich!



Abbey - 2 years



Abigail  
- 6 mos

### pool info

#### Griswold & Norwich:

- Indoor heated pool
- Water temperature 86-88 degrees
- Depth from 3 ft - 5 ft
- On deck seating/viewing area

## WELCOME to our indoor swim season!

This year we will be offering our swim classes on **Sundays** in **Norwich**. We have always had requests for weekend swim classes, and we are happy that the hotel has allowed us to use their facility on Sundays.

This past summer we introduced a character development program called **POWERful Words**. Each month a new word will be introduced and discussed during swim class. Some of the words that we had this summer were "**determination**" and "**generosity**". October's word of the month is "**responsibility**" and in November, it will be "**fairness**". Look for more on this **POWERful Words** program on our website in the upcoming months.

**For the first 100 customers who register for all three Swimesters and are paid in full by October 5th, you will receive an embroidered fleece throw!**

*Looking forward to seeing you  
in the upcoming months!*

Swimmingly,  
Margee Charron, Owner

Bubbles to Butterfly  
  
Swim School

(860) 822-6879

## Fall/Winter/Spring 2008-2009

### GRISWOLD

AmericInn Lodge & Suites

375 Voluntown Rd • Griswold, CT 06351

### NORWICH

Comfort Inn & Suites

275 Otrobando Ave • Norwich, CT 06360

# Swimester Dates & Info

Each swimester is 10 weeks

**Cost: \$125 Swimester • Classes are 30 minutes**

## Fall:

**October 5 - December 19**

(No classes: Thanksgiving week Nov 24-30  
No class on Sun & Mon, Oct 12 & 13  
Sun & Mon classes pro-rated to \$112.50)

- ✂ Swimester cost – \$125  
(Sun & Mon classes – \$112.50)
- ✂ 10 classes in each Swimester  
(Sun & Mon – 9 classes)

## Winter:

**January 4 - March 20**

(No classes: February Vacation Feb 16-22  
No class on Sun & Mon, Jan 18 & 19  
Sun & Mon classes pro-rated to \$112.50)

- ✂ Classes meet once per week
- ✂ Classes are 30 minutes
- \*\* Stroke Club & Water Exercise are 45 minutes \*\***

## Spring:

**March 22 - June 5**

(No classes: April Vacation April 13-19  
No class on Sun & Mon, May 24 & 25  
Sun & Mon classes pro-rated to \$112.50)

- ✂ \$10 Annual Family Registration Fee
- ✂ \$75 due with registration
- ✂ \$50 balance due on week #5 of the Swimester  
(week of: Nov 2nd, Feb 1st, and April 19th)



**Staff at Lifeguard Competition**



**Chris - 9 years**



**Katelyn - 6 years**



**Megan - 8 years**

## Bubbles to Butterfly Swim School, LLC Fall/Winter/Spring 2008-09

Parent's Names _____	Phone _____	Cell _____	Work _____
Home Address _____	City _____	Zip _____	
E-Mail _____	Are you new to Swim School? Yes No		
Emergency Contact _____	Phone _____		

**NEW!** Register online at: [www.bubblestobutterfly.com](http://www.bubblestobutterfly.com)

	Fall Swimester Oct 5 - Dec 19	Winter Swimester Jan 4 - March 20	Spring Swimester March 22 - June 5
Swimmer Name _____	Day _____		
Birth date _____	Time _____		
Medical/Allergy _____	Class _____		
Swimmer Name _____	Day _____		
Birth date _____	Time _____		
Medical/Allergy _____	Class _____		
Swimmer Name _____	Day _____		
Birth date _____	Time _____		
Medical/Allergy _____	Class _____		



### How to Register:

- Online
- Mail-in
- Fax in

### Payment Info:

Card # \_\_\_\_\_  
 \_\_\_\_\_  
 Exp. \_\_\_\_\_  
 Code \_\_\_\_\_

Waiver/Release: Participant recognizes and acknowledges that participation in programs of Bubbles to Butterfly Swim School<sup>LLC</sup> could subject participants to bodily injury and accordingly assumes all risk inherent in programs. Participants herewith releases, discharges and relinquishes all claims for bodily injury and property damages that he/she may have or may in the future have against the owner and operator of Bubbles to Butterfly Swim School<sup>LLC</sup> for bodily injury, death and/or property damages, arising out of participation in said programs. Should participant be a minor, signatory hereto is parent and guardian of said minor and this release binds both child and parent.

Parent/Guardian Signature \_\_\_\_\_ How did you hear about Swim School? \_\_\_\_\_

**Mail Application to: Bubbles to Butterfly Swim School • P.O. Box 739 • Baltic, CT 06330**  
**Fax Application to: (860) 822-6902 or Register Online at: [www.bubblestobutterfly.com](http://www.bubblestobutterfly.com)**



# Class Description and Skill Levels



Parent/Tot Class

## Infant/Toddler

(AGE 4 MONTHS - 3 YEARS)

### Parent/Tot (4 mo - 36 mo)

Parent accompanies child in class. Skills include holding positions, balance & water adjustment, blowing bubbles, underwater exploration & play, pool safety, and jumping.

### Advanced Parent/Tot

(18 mo - 36 mo)

Parent accompanies child in class. Child should have breath control & be comfortable underwater. Continued work on balance skills, introduction to beginner underwater swim skills, back float, kicking and rolling from back to front.

### Super Tots (18 mo - 36 mo)

Instructor recommendation & must have completed one Swimester of Advanced Parent/Tot. Parent accompanies child in class. Continuation of independent swim skills; back float, jumping in & returning to the side of the pool, swimming unassisted 3 feet or more. Less dependence on parent and more work with the Instructor.

### Turbo Two's (2 - 3 yrs)

#### Instructor Recommendation

Instructor accompanies child in class. Student must have completed at least one session of Super Tots at Bubbles to Butterfly. Skills include independent back float, jumping in and returning to the side of the pool, beginner swim skills, as well as underwater swimming.

## Preschool

(AGES 3 - 6 YEARS)

**Intro to Bubbles:** For students not yet comfortable under water. Students will learn water adjustment, balance, and body position in this class designed to acclimate students to the water, teach

personal water safety as well as beginner swim skills.

**bubbles I:** For students who are comfortable under water. Skills include front and back float, rolling back to front, blowing bubbles, submerging and beginner strokes as well as water safety skills.

**bubbles II:** For independent swimmers who can float on back unassisted. Rolling from front to back, jumping in and returning to side of pool unassisted. Beginner front crawl stroke arms, rolling on back for a breath and beginner backstroke arms.

**bubbles III:** For student proficient in rolling onto their back for a breath. Skills include rotary breathing, front crawl stroke, back stroke, recovering object from the bottom and diving skills.

## School Age

(AGE 6 AND OLDER)

**Intro to Butterfly:** For students not yet comfortable under water. Students will learn water adjustment, balance, and body position in this class designed to acclimate students to the water, teach personal water safety as well as beginner swim skills.

**Butterfly I:** For students who are comfortable under water. Skills include front and back float, introduction to rotary breathing, front and back crawl strokes.

**Butterfly II:** For independent swimmers who are proficient with rotary breathing and front crawl. Standing front dive skills, breaststroke kick, elementary backstroke and treading water.

**Butterfly III:** Front and back crawl stroke endurance, breaststroke and dolphin kick, advanced diving skills.

## Advanced Classes

**Monarch:** Proper breaststroke technique, endurance combination stroke swimming and butterfly stroke. New skills include sidestroke and use of mask, fins and snorkel.

**Stroke Club:** Butterfly III or higher. This is a great introduction & overview of swim team skills. This class focuses on the 4 competitive strokes, their

starts and turns. Improve endurance and stroke technique. Class is 45 minutes.

**Day:** Thursday

**Time:** 6:30 - 7:15 pm

**Cost:** \$150 per day

**Location:** AmericInn, Griswold

**Guard Start:** (Ages 11 - 14 yrs)

Have you ever wanted to know what it takes to be a Lifeguard? Learn prevention of aquatic injuries, fitness for life guarding, response techniques, decision making & communication skills. American Red Cross certificate of completion & manual included.

Fall Swimester only

**Day:** Thursday

**Time:** 5:45 - 6:45 pm

**Cost:** \$75

**Location:** AmericInn, Griswold

**Instructor Aide I:** (Ages 11 - 15 yrs)

Come learn more about what it takes to become a swim instructor. Improve your stroke technique; learn basic lifesaving, pool procedures, communication skills & working with various age groups.

Winter Swimester only

**Day:** Thursday

**Time:** 5:45 - 6:45 pm

**Cost:** \$75

**Location:** AmericInn, Griswold

**Instructor Aide II:** (Ages 11 - 15 yrs)

Now you are ready to work with an Instructor! Learn the progressions of teaching swimming, holding techniques, and the swim levels. Continued work on personal swimming and water safety skills. Spring Swimester only

**Day:** Thursday

**Time:** 5:45 - 6:45 pm

**Cost:** \$75

**Location:** AmericInn, Griswold



Chelsea and Hilary



Margee, Laura,  
Chris and Joe

**New!**

## Home-School Swim

All levels of swim will be taught in 45 minutes of instruction along with 15 minutes of practice time at the end of lessons.

**Days:** Tuesday  
**Times:** 1:30 - 2:30 pm  
**Location:** AmericInn, Griswold

**Days:** Wednesday  
**Times:** 2:30 - 23:30 pm  
**Location:** Comfort Suites, Norwich  
**Cost:** \$175

## Adult Programs

Adult Instruction – Whether you are an advanced swimmer who wants to improve your stroke technique or a beginner – we can help you meet your goals!

**Days & Times:** Tuesday, 9:30 - 10:00 am  
Thursday, 6:30 - 7:00 pm  
**Location:** AmericInn, Griswold

**Days & Times:** Sunday, 4:15 - 4:45 pm  
Wednesday, 9:30 - 10:00 am  
**Location:** Comfort Suites, Norwich

**Cost:** \$125 per Swimester

Water Fitness – Come and get a great water workout! Your aerobic workout will cover warm-ups, strength and toning exercises. The resistance of the water will give you a great low impact workout. For all swim levels.

**Day:** Tuesday  
**Time:** 6:45 pm - 7:30 pm  
**Cost:** \$125 per Swimester  
**Location:** AmericInn, Griswold

## Private Instruction

We have limited spaces for Private Instruction during the indoor season. If you are interested, please contact the office at 822-6879 to see if we have an Instructor and can accommodate you.

## Need a Lifeguard?

We can take the stress out of your day and supervise your pool for your party or event. We have Lifeguards available to come to your pool or location! Call for rates and information.

## Program Policy

Program Fee: An annual family fee of \$10.

Missed Classes: There will be NO make-ups for missed classes. If more than 2 classes are missed due to illness or emergency, contact Swim School management.

How to Register: Online: go to [www.bubblestobutterfly.com](http://www.bubblestobutterfly.com) and use our online registration.

By Mail: complete registration form and mail with \$75 per child plus \$10 program fee (*per family*) if new to Swim School or due this Swimester

Late Registration: You may sign up throughout the Swimester, if space is available. Classes will be pro-rated plus a \$10 late charge (*after the 2nd week of classes*).

Payment Schedule: You may pay the full balance at the time of registration or pay \$75, and the final payment of \$50 during week #5 of classes.

## Change Policy

We understand that schedules can sometimes change, and conflicts do arise, but if you need to change your swim day or time – there is a \$10 change charge. This does not apply to Instructor recommended class level changes.

## Cancellation Policy

Customer Cancellation: Please notify Swim School office 5 days prior to the start of the class and a credit will be given less a \$20 charge per child.

Inclement Weather: In the event of bad weather, **call Swim School!** Please do not call the Hotels, as we do not have use of their phones – call Swim School only! Updates will be posted on the answering machine. If classes are cancelled a credit will be issued to your account. No refunds will be given

Swim School Cancellation: If for any reason Swim School cancels class, your account will be credited for that class.

Mid-Swimester Cancellation: Must be done through the Swim School office. Credits for future classes in the Swimester will be given minus a \$20 charge.

Evie  
- 2 years



## Pool Rules

- ✦ **Everyone** must remove shoes in the pool area! Please bring flip flops or slippers. Shoes track in dirt and germs that the swimmers walk on with bare feet and track into the pool and changing rooms.
- ✦ Swim School rents the pool and bathrooms only! The hotel lobby and its contents are for hotel guests only. Do not take coffee, cookies or newspapers – they are not for our customers!
- ✦ Please leave **promptly** after your class as space in the pool area is limited.
- ✦ **Bring your own towels.** The towels in the pool area are the property of the hotel. If you forget your towel, please see an Instructor as we have extra towels for you.
- ✦ We do not have use of the hot tub. Please do not allow your children near it.
- ✦ All Swim School business must go through Bubbles to Butterfly Swim School office, not the hotel.
- ✦ State Code does not allow diapers in the pool. Children that are not potty-trained need to wear a **swim diaper** (*which are available for purchase at the pool*). Disposable or washable swim diapers are acceptable.
- ✦ Please braid or tie back long hair or wear a bathing cap. This keeps hair out of the swimmer's face as well as keeps the pools clean.