



Monday, September 21st – Monday, November 16th, 2009
No classes Monday, October 12

Announcements

Consent, Waiver and Release Form Updated

CAPOCC has adopted a new “Consent, Waiver and Release” form. Please read it carefully and complete as indicated, including swimmer or parent/guardian signature. **All swimmers**, including those initiating registration by phone, **must submit a signed waiver each session before entering the water.**

REGISTRATION PROCESS - Begins Sept 1st

Reminder - Read the refund policy (p. 7) before registering.

Complete enclosed registration form, one per swimmer (*please make copies of front and back for additional swimmers*), and mail it with payment in full so that it is received by **September 17th**. Listing a second and third choice will increase your chance of getting in. Registrations must include payment. You may pay by check, credit card or money order.

- No faxes or on-line registrations will be accepted.
- You will receive a receipt in the mail with starting dates and times of classes. Please save this receipt. It is your only confirmation.

Phone Registration

This session we will be accepting phone registrations with a VISA or Mastercard payment **beginning September 14th**. **Registrations, both by mail and phone, will be taken until September 17th**. Priority will be given to mailed registrations. No spots will be reserved without full payment.

Visit WWW.SUNYOCC.EDU and look for these links for a copy of our brochure online!

=> [COMMUNITY ED](#)

=> [Special Programs](#)

=> [Aquatics Program](#)

=> [Aquatics Program brochure](#)



CAPOCC Address
CAPOCC
OCC Phys. Ed. Dept.
4585 West Seneca Turnpike
Syracuse, NY 13215-4585

CAPOCC Office
(315) 498-2677
CAPOCC@sunyocc.edu

All CAPOCC instructors hold current certification in both **American Red Cross Fundamentals of Instructor Training** and **American Red Cross Water Safety Instructor**.

Tentative Winter Dates

Monday, January 11th - Saturday, March 5th

OCC POOL HOTLINE for open swim hours 498-2285



Learn to Swim

All Learn to Swim Sessions are \$40

Monday, September 21st – Monday, November 16th, 2009

Children's Lessons (Ages 2-16 yrs)

American Red Cross Standards

TURTLE TOTS

Entry Requirements: ages 2 – 5 years, minimum age 24 months at first class. Children **must** be accompanied by a parent in the water. Two year old students require a physician's statement of good health submitted to CAPOCC prior to the first class. Statements may be faxed to 498-2974. **Skills Developed:** water safety knowledge and practices, aquatic adjustment, swimming readiness skills, fun and enjoyment in the water.

LEVEL 1 – Introduction to Water Skills

Entry Requirements: minimum age 5 years, at least 34 inches tall at the shoulder. Four year olds who have taken Turtle Tots, **passed** the exit test and meet the height requirement may enroll. **Skills Developed:** comfort in the water, safe water enjoyment, elementary aquatic skills upon which future levels build.

LEVEL 2 – Fundamental Aquatic Skills

Entry Requirements: float comfortably on front and back unassisted and submerge blowing bubbles. **Skills Developed:** simultaneous and alternating arm and leg action on front and back, self help practices. Success with fundamental skills is stressed.

LEVEL 3 – Stroke Development

Entry Requirements: swim 15 ft. each on front and back using combined arm and leg action and basic breathing skills (NO "doggie paddling") and be comfortable in deep water. **Skills Developed:** coordinated Front Crawl and Back Crawl, fundamentals of treading water, elements of Butterfly and safety skills.

LEVEL 4 – Stroke Improvement

Entry Requirements: swim 15 yd. each using coordinated Front Crawl and Back Crawl, tread water, and perform a kneeling dive. **Skills Developed:** refinement of Front and Back Crawl, introduce other strokes.

LEVEL 4A – Students New to Level 4

LEVEL 4B – Passed Level 4A or meet the ARC performance standards for Level 4 Front Crawl, Back Crawl and Breaststroke kick.

LEVEL 5 – Stroke Refinement

Entry Requirement: swim 25 yd. each of Front Crawl and Back Crawl, swim 15 yd. each Elementary Backstroke, Breaststroke, Sidestroke and Butterfly and dive from a standing position. **Skills Developed:** refine and coordinate all strokes and improve endurance.

LEVEL 6 – Personal Water Safety

Entry Requirements: passed ARC Level 5 **OR** meet the ARC performance standards including 50 yds. each Front and Back Crawl, 25 yd. each Sidestroke, Breaststroke and Butterfly and demonstrate a standing front dive from the diving board. **Skills Developed:** swim with more ease, efficiency, power and smoothness over greater distances. Emphasis placed on personal water safety and fitness.

Weekly Sessions

Once per week for 8 weeks - \$40

TURTLE TOTS

Monday	6:00-6:30 p.m.
Monday	6:30-7:00 p.m.
Monday	7:00-7:30 p.m.
Tuesday	4:30-5:00 p.m.
Wednesday	6:00-6:30 p.m.
Wednesday	6:30-7:00 p.m.
Thursday	5:00-5:30 p.m.
Saturday	9:30-10:00 a.m.
Saturday	10:00-10:30 a.m.
Saturday	11:00-11:30 a.m.

Two year olds require a physician's statement of good health to participate. Statements must be updated annually and may be faxed to 498-2974.

LEVEL 1

Monday	6:00-6:30 p.m.
Monday	6:30-7:00 p.m.
Monday	7:00-7:30 p.m.
Tuesday	4:00-4:30 p.m.
Tuesday	4:30-5:00 p.m.
Tuesday	5:00-5:30 p.m.
Wednesday	6:30-7:00 p.m.
Wednesday	7:00-7:30 p.m.
Wednesday	7:30-8:00 p.m.
Thursday	4:00-4:30 p.m.
Thursday	4:30-5:00 p.m.
Thursday	5:00-5:30 p.m.
Saturday	9:00-9:30 a.m.
Saturday	9:30-10:00 a.m.
Saturday	10:00-10:30 a.m.
Saturday	10:30-11:00 a.m.
Saturday	11:00-11:30 a.m.



Learn to Swim

All Learn to Swim Sessions are \$40

September 21st – November 16th, 2009

LEVEL 2

Monday	6:00-6:30 p.m.
Monday	6:30-7:00 p.m.
Monday	7:00-7:30 p.m.
Tuesday	4:00-4:30 p.m.
Tuesday	4:30-5:00 p.m.
Tuesday	5:00-5:30 p.m.
Wednesday	6:00-6:30 p.m.
Wednesday	6:30-7:00 p.m.
Wednesday	7:00-7:30 p.m.
Wednesday	7:30-8:00 p.m.
Thursday	4:00-4:30 p.m.
Thursday	4:30-5:00 p.m.
Thursday	5:00-5:30 p.m.
Saturday	9:00-9:30 a.m.
Saturday	9:30-10:00 a.m.
Saturday	10:00-10:30 a.m.
Saturday	10:30-11:00 a.m.

LEVEL 3

Monday	6:00-6:30 p.m.
Monday	6:30-7:00 p.m.
Monday	7:30-8:00 p.m.
Tuesday	4:00-4:30 p.m.
Tuesday	4:30-5:00 p.m.
Wednesday	6:00-6:30 p.m.
Wednesday	6:30-7:00 p.m.
Wednesday	7:00-7:30 p.m.
Thursday	4:00-4:30 p.m.
Thursday	4:30-5:00 p.m.
Saturday	9:30-10:00 a.m.
Saturday	10:30-11:00 a.m.
Saturday	11:00-11:30 a.m.

LEVEL 4A

Monday	6:00-6:30 p.m.
Monday	7:00-7:30 p.m.
Tuesday	4:00-4:30 p.m.
Wednesday	6:00-6:30 p.m.
Thursday	4:30-5:00 p.m.
Saturday	9:00-9:30 a.m.

LEVEL 4B

Monday	6:30-7:00 p.m.
Tuesday	5:00-5:30 p.m.
Wednesday	7:30-8:00 p.m.
Thursday	4:00-4:30 p.m.
Saturday	9:00-9:30 a.m.

LEVEL 5

Monday	7:00-7:45 p.m.
Thursday	5:00-5:45 p.m.
Saturday	10:00-10:45 a.m.

LEVEL 6

Tuesday	5:00-5:45 p.m.
Wednesday	7:00-7:45 p.m.
Saturday	10:45-11:30 a.m.

Make-ups are not possible

Make-up classes are not available. Most classes are at maximum capacity. Overcrowding reduces the quality of instruction. A no make-up policy is the only fair and safe policy.

Pre-Teen/Teen Learn to Swim

Once per week for 8 weeks – 8 lessons for \$40

BEGINNING SWIMMING for ages 10-15 yrs

Entry Requirements: ages 10-15 yrs. This class is for older children with little or no swimming ability. Students who are afraid or have had bad experiences in the past are welcome. **Skills Developed:** comfort in the water and basic swimming skills. At the end of this session, students may move into regular ARC lessons or they may continue with additional teen *Learn to Swim* sessions.

Monday	7:30-8:00 p.m.
Saturday	11:30-12 noon

Adult Learn to Swim

Mon., Sept 21st – Mon., Nov 16th, 2009

No class on Mon Oct 12

8 lessons for \$40

ADULT BEGINNER

Entry Requirement: Minimum age 18 yrs. This class is for the adult with little or no swimming ability. **Skills Developed:** water safety, front and back float, front crawl, sculling on the back and rotary breathing. An individualized program will follow initial needs assessment.

Monday	7:30-8:00 p.m.
Saturday	11:30-12 noon

ADULT IMPROVE YOUR STROKE

Entry Requirement: Minimum age 18 yrs, able to swim one length of the pool. **Skills Developed:** swim with more ease, efficiency, power and smoothness over greater distances. Strokes are improved and refined.

Monday	7:30-8:00 p.m.
Saturday	11:30-12 noon



Make-ups are not possible

Make-up classes are not available. Most classes are at maximum capacity. Overcrowding reduces the quality of instruction. A no make-up policy is the only fair and safe policy.

Fitness Programs

Tues., Sept. 22nd – Thurs., Nov. 12th, 2009

WATER AEROBICS

A vigorous, total workout. Classes include a warm-up, an aerobic workout, a calisthenics period and a cool down. When flotation devices are used, the intensity of the workout increases, burning more calories and increasing the benefits to the cardiovascular system. All these benefits are attained with less stress to the skeletal system, allowing those with orthopedic problems to participate.

Must be 18 years of age to participate. Please consult a physician before starting any new exercise program.

Webbed gloves are recommended to increase caloric expenditure and toning to the upper body, with less potential for injury than with any other device. These may be available from CAPOCC.

Pool shoes are recommended to reduce slipping and impact of the foot with the bottom of the pool. These are available at many large department or athletic shoe stores.

Tuesday	1:00-2:00 p.m.
Tuesday	5:30-6:30 p.m.
Thursday	1:00-2:00 p.m.
Thursday	5:30-6:30 p.m.

Once per week for 8 weeks	\$60
Twice per week for 8 weeks	\$110

WATER & WEIGHTS

Take your exercise program to a new level. This class combines a weight lifting program with water exercise to help improve your health.

Weight lifting provides the benefits of improved muscle performance and tone plus increased calorie burn – even at rest. Resistance training can postpone the onset of osteoporosis by putting more demand on the bone from a stronger muscle. Stronger muscles look better than weak muscles.

The water portion of the class includes stretching, resistance and aerobic components. Exercise in water provides resistance to simple movement while reducing stress on the body's joints. Combined with weight lifting, this program makes for an ideal total workout.

Must be 18 years of age to participate. Please consult a physician before starting any new exercise program.

Wear your swimsuit under appropriate land workout clothes to minimize changing time. Sneakers are required in the weight room.

Classes begin with 30 minutes in the Wellness Center, H223, immediately followed by 60 minutes of water aerobics in the pool.

Tuesday	5:00-6:30 p.m.
Thursday	5:00-6:30 p.m.

Once per week for 8 weeks	\$70
Twice per week for 8 week	\$130

CAPOCC Registration Form

One swimmer per form. Form may be copied.

Before registering, please read the new Policies, Rules and Regulations on page 7

cut here

Swimmer's name _____ Date of Birth _____

Address _____ Parent's name, if child _____

City _____ ZIP _____ The swimmer is male / female. Circle one.

Phone: Day _____ Evening _____

E-mail address _____ Is this a new home or e-mail address? Yes No

CLASS NAME: (Circle one level)

LEARN TO SWIM

Turtle Tots – 2-4 yrs Level 4A

Level 1 – 5 yrs & up Level 4B

Level 2 Level 5

Level 3 Level 6

Pre-Teen/Teen Beginner

ADULT LEARN TO SWIM

Adult Beginners

Adult Stroke Improvement

FITNESS PROGRAMS

Water Aerobics

Water & Weights

	Day	Time
First Choice	_____	_____
Second Choice	_____	_____
Third Choice	_____	_____

Please note any medical conditions that the swimming instructors should be aware of (i.g., tubes in ears, asthma, diabetes, etc.):

Total Amount Due: \$ _____

Make checks payable to: OCC

Address: CAPOCC
OCC – Health & Phys. Ed. Dept
4585 West Seneca Turnpike
Syracuse, NY 13215-4585

Mastercard or VisaCard

Card # _____

Cardholder Name _____

Exp Date _____ Cardholder Zipcode _____

Signature _____

All Swimmers
Please turn over, read and sign the waiver on the back

CONSENT, WAIVER and RELEASE

I/we, being:

[Check One]

[] not less than 18 years of age, elect to participate in the Community Aquatic Program at Onondaga Community College, an aquatics instructional program (the "Program"), during the time period of _____. If this box is checked, the term "Participant" as used in this Consent, Waiver and Release, refers to me.

[] the custodial parent(s) and/or guardian(s) of _____, consent to the his/her enrollment in the CAPOCC, during the time period of _____. If this box is checked, the term "Participant" as used in this Consent, Waiver and Release, refers to the person named above, whose participation is authorized by me/us.

I/we affirm that the Participant is fully capable of participating in the Program, is in adequate physical condition to participate in the Program, and has appropriate medical insurance in the event that medical attention is needed. I/we understand that in the event of injury or illness I/we must personally accept responsibility for the full amount of resulting medical and other expenses, and that Onondaga Community College ("OCC"), the Onondaga Community Collage Association, Inc. ("OCCA") and the County of Onondaga (the "County") will have no responsibility for such expenses.

I/we recognize that Participation in the Program involves a risk of bodily injury, including death, and/or damage to property, and that participation is entirely optional, voluntary, and at the risk of participants and their parents/guardians. These risks can come from causes which are many and varied, may not be presently foreseeable, and may include negligent or intentional acts or omissions of others. The specific risks vary from one activity to another, but in each activity the risks range from minor injuries such as bruises and sprains, to major injuries such as loss of sight, joint or back injuries, concussions and heart attacks, to catastrophic injuries such as paralysis and death. As an inducement to OCC to permit the conduct of the Program on its premises and in consideration of OCCA permitting the Participant to participate in the Program, I/we agree (on behalf of myself/ourselves and, if other than the undersigned, the Participant) to the following:

1. Except as set forth below, I/we acknowledge, accept and assume, and waive all claims and liability for, all risk of bodily injury, including death, and/or damage to property which may arise out of the Participant's participation in the Program. I/we further release OCC, OCCA, the County, and their respective trustees, directors officers, employees, students, agents, contractors and representatives (the "Released Parties") from all claims and liability arising out of, and agree not to sue them for, any bodily injury, including death, and/or damage to property which I/we or the Participant may suffer as a result of the Participant's participation in the Program. This waiver and release shall include, without limitation, claims and liability arising out of the actual or alleged negligence of the Released Parties, but shall not apply to the extent that injury or damage is caused by the gross negligence or intentional misconduct of the Released Parties.

2. In signing this document, I/we understand that I am/we are releasing the Released Parties from any and all liability arising out of the Participant's participation in the Program, other than liability caused by the gross negligence or intentional misconduct of the Released Parties.

3. I/we have read, understand, and agree to abide by the terms of this Agreement. I/we understand and agree that this Agreement is to be as broad and inclusive as is permitted by the laws of the State of New York, and that if any portion of this Agreement is held invalid, the remaining terms shall continue in full force and effect.

[If signed on behalf of a Participant under 18 years of age, the Participant's custodial parent or parents, and/or his/her legal guardian or guardians, should *each* sign below.]

Signed

Signed

Date

Date

POLICIES, RULES AND REGULATIONS

— PLEASE READ —

1. All classes will be led by certified American Red Cross Water Safety Instructors (W.S.I.) according to American Red Cross standards. Levels 1-4 will be registered to a maximum of 8 students, which is below the American Red Cross maximum of 10. Levels 5 & 6 will be registered to 10, but are held for 45 minutes.
2. We reserve the right to test the swimmer and place him or her into the appropriate ability level.
3. To meet the Health Code, observers are welcome to sit quietly on the bleachers during classes. Please remove shoes before entering pool area. No food, drink or strollers are allowed in the pool area. Children who are ill are not permitted to enter the water. Children in Levels 1-6 must be potty trained
4. Bathing caps are required of all swimmers whose hair is below their earlobes. This is the college's policy and helps to keep maintenance costs down. Additionally, CAPOCC prefers swimmers to wear caps to keep their hair out of their faces, thereby helping the learning process. No goggles or other swim devices are allowed in the pool during lessons through the completion of level 3.
5. Please control all children in the locker rooms. Horseplay and running are very dangerous and are not permitted. Please do not allow your children to wander and disturb others as they are dressing.
6. Each child may register for one class per session. Additional classes may be added no earlier than one week before classes begin if space is available.
7. Make-ups for swim classes are not available. In some cases there is no other time the class meets so a make-up is not possible. Where class enrollment is at the maximum, an additional child creates an unsafe situation for all students and reduces the quality of instruction. A no make-up policy is the only fair and safe policy.
8. **Refund policy: Refunds will be given unconditionally up to one week before the first day of the session. After that, refunds are only available for:**
 - (A) **Medical reasons. A doctor's excuse is required.**
 - (B) **Sudden change in employment or job schedule. Proof is required.****Under conditions A & B, all refunds are prorated and a \$10.00 processing fee will be subtracted. Requests for refunds must be submitted to the Aquatic Director prior to the last date of the affected session. No requests will be honored after the last date of that session.**
9. **Cancellations** can occur due to weather conditions or Health Code issues. If OCC is closed due to bad weather, CAPOCC classes are cancelled. Listen to local radio stations for these announcements. Also watch your local television stations for updates. You may also call the CAPOCC office at 498-2677. **When possible, classes will be rescheduled. However, rescheduling is not always possible and there will be no refunds.**
10. Please observe all campus parking regulations. CAPOCC swimmers may park in any student lot. Please use your parking permit every time you come on campus. Parking permits are available from the CAPOCC office.
11. Disruptive behavior will not be tolerated. Disruptive behavior is anything that in the opinion of the instructor compromises pool safety or the quality of instruction. One warning will be provided to the responsible adult. The student will be barred from classes for the remainder of the session if the disruptive behavior continues. A prorated refund will be given and the student will not be permitted to re-enroll until another session has intervened.



OCCA Board of Directors Representative: Lindsey Reider

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