



# Summer Swimming Lessons

## Price:

**Member: \$40.00**  
**Non-member: \$55.00**  
*\*Holiday: \$32 / \$44*

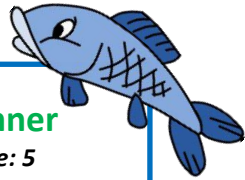
**1 week sessions**  
*(5 classes, Mon - Fri)*

## Sessions:

- 1: June 3 – June 7\*\*
  - 2: June 10 – June 14
  - 3: June 17 – June 21
  - 4: June 24 – June 28
  - 5: July 1 – July 5 \*
  - 6: July 8 – July 12
  - 7: July 15 – July 19
  - 8: July 22 - July 26 \*
  - 9: July 29 - August 2
  - 10: August 5 – August 9
- \* Holiday Week / \*\* Limited Classes*

## Time:

- 10:20 - 10:50
  - 11:00 - 11:30
  - 11:30 - 12:00
  - 12:00 - 12:30
- All classes offered at all times unless noted*



### Tots

**Ages: 2-3 | Class Size: 3**  
\*Swim Diaper required  
\*Learns to have fun and be comfortable in the water while learning basic skills

### Beginner

**Ages 3-6 | Class size: 4**  
\*Learns the basics of swimming (front / back float, arm movements)

### Advanced Beginner

**Ages 4-8 | Class size: 5**  
\*Learns the front crawl and rhythmic side breathing  
\* Must be able to swim a short distance with arms

### Intermediate

**Ages 5+ | Class size: 5**  
\*Refines front crawl, breathing and backstroke. Learns diving and other strokes.  
\*Must be able to swim the width of the pool unassisted  
**\*\*Not Offered from 10:20 – 10:50\*\***

### Stroke Development

**Ages 6+ | Class size: 6**  
\*Improves all 4 strokes and learns diving from the blocks  
\*Must be able to swim 25 yards without assistance  
*Recommended for potential and current swim team members.*  
*10:20 time for current swim team members only*

### Competitive Techniques

**Ages 8+ | Class size: 6**  
\*Focuses on high level elements of competitive swimming. (Strokes, starts, turns and underwater efficiency).  
*For current swim team members only*  
**\*\*Only Offered from 10:20 – 10:50\*\***

**Parent & Child - 12:00 pm - 12:30 pm** **Ages: 3 months - 2 years:** Parent's will be in the water with their child and an instructor helping to teach the basics of swimming (Child MUST wear a swim diaper)

**Please note:** All cancellations must be at least TWO weeks prior to each session to receive a full refund. Cancellations made on or after the first day of each session will not be refunded. Cancellations must be made by notifying the swim lesson director AND the front desk. Classes must be paid in full **before** spot is reserved for child. Make-ups will only happen if classes are cancelled due to weather. Make-ups will take place Saturday morning. Times will be announced during the session if Saturday make-up classes will be happening and a sign up sheet will be available and required.

**Member Registraion: April 19, 2019**

**Non-member Registration: May 3, 2019**

Childs Name \_\_\_\_\_ Age \_\_\_\_\_ M \_\_\_ F \_\_\_

Parents Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Class Name \_\_\_\_\_ *(Please check session and time attending above)*

I recognize the risk of injury in any exercise program and my child is participating upon the agreement and understanding that I am hereby waiving and releasing the above clubs from any and all claims, costs, liabilities, and injuries while on the premises. Salt Lake Tennis & Health Club has my permission to use photos of my child in promotional and educational literature.

Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_