

\_\_\_\_\_  
Child's Name

Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

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

\_\_\_\_\_  
Email

\_\_\_\_\_  
Phone Number

Payment Amount Enclosed \$ \_\_\_\_\_

Use Card on file OR Payment Info Below

Card Type: VISA AMEX MC DISC

CC # \_\_\_\_\_

Exp \_\_\_\_/\_\_\_\_

**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 the spot is reserved for the child. Make-ups will only be offered if classes are cancelled due to weather. Make-ups will take place Saturday morning, signing up will be required to attend make-up class.

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.

Parents Initials \_\_\_\_\_

WEEKLY SESSIONS: (5 Classes M-F)

*(Full PAYMENT IS REQUIRED FOR REGISTRATION)*

- JUNE 7 - 11
- JUNE 14 - 18
- JUNE 21 - 25
- JUNE 28 - JULY 2
- JULY 5 - 9
- JULY 12- 16
- JULY 19 - 23
- JULY 26 - 30
- AUGUST 2-6

CLASS ATTENDING:

*(A variety of levels will be available every 30 Minutes)*

- AA **STARFISH**
- LOBSTER**
- SEA TURTLE**
- OCTOPUS**
- SHARK
- SEAHORSE**
- DOLPHIN**

TIME:

- 10:45am - 11:15am
- 11:15 am - 11:45 am
- 11:45am- 12:15 pm
- 12:15 pm - 12:45 pm

PRICE:

*(BASED OFF CHILD'S MEMBERSHIP STATUS)*

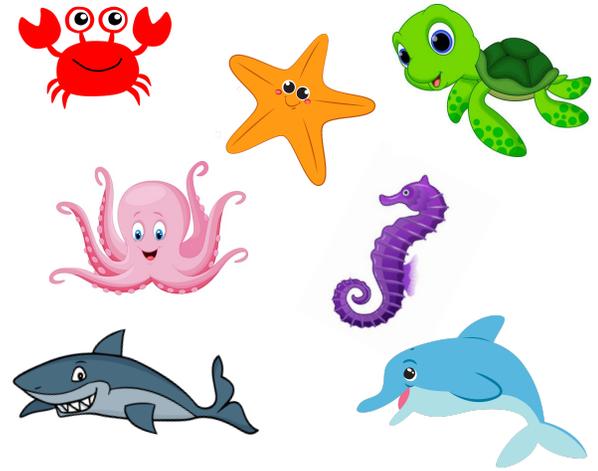
MEMBER: \$50

NON MEMBER: \$65

Please give your registration form to the front desk  
No sign ups will be accepted over the phone or by  
e-mail



# Swim Lessons



## SUMMER 2021

Registration:  
Members: after April 15  
Non Members: April 26, 2021

# BEGINNER

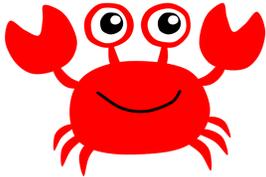


## STARFISH

**Ages: 2-3 | Class Size: 3**

\*Swim Diaper required

\*Learns to have fun and be comfortable in the water while learning basic skills



## LOBSTER

**Ages 3-6 | Class size: 4**

\*Learns the basics of swimming (front / back float, arm movements)



## SEA TURTLE

**Ages 4-6 | Class size: 5**

\*Learns the freestyle and rhythmic side breathing

\* Must be able to swim a short distance with arms

# ADVANCED



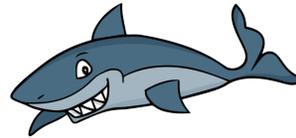
## OCTOPUS

**Ages 5+ | Class size: 5**

\*Refines freestyle, side breathing and backstroke.

\*Learns diving and other strokes.

*\*Must be able to swim the width of the pool unassisted*



## SHARK

**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.*

# DIVE LESSONS



## SEAHORSE

**Time: 11:00 am - 11:30 pm**

**Ages: 6-17 | Class Size: 8**

\*Beginner Diving

\*Introduction to springboard diving

\*Basic body position will be stressed while learning fundamental dives

*\*No experience necessary*



## DOLPHIN

**Time: 11:35 pm - 12:05 pm**

**Ages: 6-17 | Class Size: 8**

\*Advanced Beginner Diving

\*Designed to hone diving fundamentals and introduce the diver to somersaults, twisting, reverse and inward dives

\*Can execute two of the following dives: front, back, reverse, inward or twist

Questions? Please send via email:

[swimlessonsatslt@gmail.com](mailto:swimlessonsatslt@gmail.com)

*\*Please do not send registrations to this email*

# PRIVATE LESSONS

**\$45 / Half Hour Lesson**

*Age appropriate guest fee is added for all non members, per lesson*

Private lessons are for all ages and by request / availability of instructor only. Instructors manage their own schedule. Request forms are located at the front desk. Instructors will contact you personally, once form is received to schedule lessons.