

\_\_\_\_\_  
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 before 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 canceled due to weather. Make-ups will take place Saturday morning, and signing up will be required to attend a 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 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: \(5 Classes M-F\)](#)

### \*Holiday July 4 NO CLASS

- JUNE 5 - 9
- JUNE 12 - 16
- JUNE 19 - 23
- JUNE 26 - JUNE 30
- JULY 3 - 7\* (HOLIDAY)
- JULY 10 - 14
- JULY 17 - 21
- JULY 24 - 28
- July 31 - AUGUST 4

### CLASS ATTENDING:

- STARFISH
- LOBSTER
- SEA TURTLE
- OCTOPUS
- SHARK
- SEAHORSE (11 - 11:30 am)
- DOLPHIN (11:35 am - 12:05 pm)

### TIME:

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

### PRICE:

- MEMBER: \$55 \*HOLIDAY WK \$44
- NON MEMBER: \$70 \*HOLIDAY WK \$59

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 2023

Registration:  
Members: March 20, 2023  
Non-Members: April 17, 2023

# BEGINNER



## STARFISH

**Ages: 2-3 | Class Size: 6**

\*Swim Diaper required

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



## LOBSTER

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

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



## SEA TURTLE

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

\*Learns the freestyle and rhythmic side breathing  
\* Must be able to swim a short distance with arms

# ADVANCED



## OCTOPUS

**Ages 5+ | Class size: 6**

\*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.*

Questions? Please send via email:

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

**\*Please do not send registrations to this email.  
Register at the front desk.**

**\*Do not drop off your child at the front desk.  
You must check them in at the pool deck**

# DIVE LESSONS



## SEAHORSE

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

**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 am - 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