
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 4/24 NO CLASS

- JUNE 3 - 7
- JUNE 10 - 14
- JUNE 17 - 21
- JUNE 24 - 28
- JULY 1 - 5* (HOLIDAY)
- JULY 8 - 12
- JULY 15 - 19
- JULY 22 - 26* (HOLIDAY)
- JULY 29 - AUGUST 2

CLASS ATTENDING:

- STARFISH
- LOBSTER
- SEA TURTLE
- OCTOPUS
- SHARK (10:45 or 11:15)
- SEAHORSE (11:15 - 11:45 am)
- DOLPHIN (11:45 am - 12:15 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: \$60 *HOLIDAY WK \$48
- NON MEMBER: \$75 *HOLIDAY WK \$60

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 2024

Registration:
Members: March 18, 2024
Non-Members: April 15, 2024

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: 5

***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

***Please do not send registrations via Email.**
Registrations must be taken at the front desk.

***Do not drop off your child at the front desk for lessons.. You must check them in at the pool deck. Unsupervised children will not be able to join their class.**

DIVE LESSONS



SEAHORSE

Time: 11:15 am - 11:45 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: 11:45 am - 12:15 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**

Swim lesson readiness is both physical and emotional! Swimmers must be able to perform the skills being taught in class in order to participate. We also expect students to be able to sit and follow directions happily in a group setting! If a swimmer struggles with either of these, we are happy to discuss this and find a better option! It's important to us that our lessons be a positive experience for our swimmers!