

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:

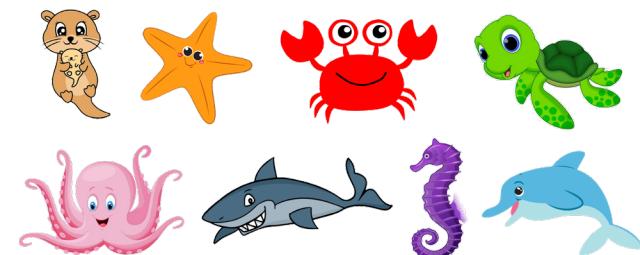
(5 Classes M-F)

- JUNE 8-12
- JUNE 15 - 19
- JUNE 22 - 26
- JUNE 29 - JULY 3
- JULY 6 - 10
- JULY 13 - 17
- JULY 20 - 24* (HOLIDAY)
- JULY 27 - JULY 31

*Holiday July 24 NO CLASS



SWIMMING AND DIVING LESSONS



TIME:

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

PRICE:

- MEMBER: \$80 *HOLIDAY WK \$66
- NON MEMBER: \$100 *HOLIDAY WK \$80

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

SUMMER 2026

Registration:

Members: FEBRUARY 9, 2026

Non-Members: MARCH 9, 2026

BEGINNER

PARENT-TOT

Ages: 18 mos - 3

Class Size: 10

*Swim diaper REQUIRED

*Mommy&Me class provides the opportunity to participate in an instructor-led setting

*Learn basic skills and activities to build confidence with your child in the water

*Adults must be 18 or older to attend

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

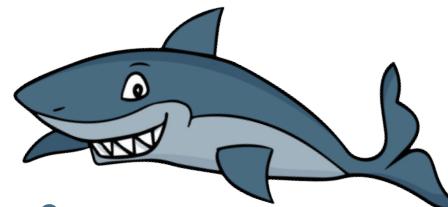
Ages 5+

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

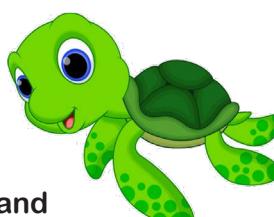
Ages: 6+

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.



DIVING LESSONS

SEAHORSE

Time: 11:15 am or 11:45 am

Ages: 6-17

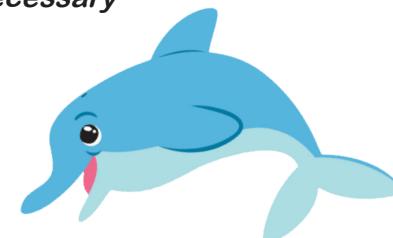
Class Size: 8

*Beginner Diving

*Introduction to springboard diving

*Basic body position will be stressed while learning fundamental dives

*No experience necessary



DOLPHIN

Time: 11:45 am or 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!

*Registrations must be submitted physically and the front desk—emailed registrations will not be added to our classes.

*All students must be accompanied by a parent or guardian to their class.