



# 2019 Swim Lesson Program

This summer we will continue to offer our valued and respected swim lesson program to our members and local community. At Willowood we feel strongly that Swimming is an essential skill for **children**. Not only is it an enjoyable activity and great exercise, but knowing how to **swim** can save your **child's** life

Classes will have **no more than four participants** (Levels 1&2 up to three participants and Levels 3&4 up to four participants) with enthusiastic instructors.

We will be holding classes for children age 3 and above (*if your child is only 3, we ask you to consider if your child is able to listen to instructions and cooperate with an instructor in groups of three before you sign them up.*)

Each participant will receive an evaluation and certificate at the end of the session.

**Due to smaller class sizes the number of places will be limited.** Please ensure that you register early to avoid disappointment.

As with many swim lesson programs, **parents will be asked to remain on the grass by the Manager's office whilst lessons are in session.**

**WE LISTENED!!!! This year we have added extra evening classes.** Evening lessons will now be 30 minute lessons held Monday through Thursday. Changing to 30 minute lessons has allowed an extra time slot.

**Individual lessons.** If you are interested in one-on-one lessons, there will be a list of Willowood instructors who are offering these sessions available upon request when the pool opens.

## CANCELLATION POLICY

Swim lessons will be cancelled in the case of inclement weather OR if the outside temperature is below 68 degrees. If a Swimming Lesson is cancelled:

You will receive an **email** from the Swim Lesson Coordinator at least 45 minutes prior to the start of the lesson. It will be **posted** on our Willowood Swim Club Facebook Page

A make-up date will also be announced.

# REGISTRATION

Registration will begin:

**FOR MEMBERS** on **Saturday, May 11<sup>th</sup>** from 12pm to 2pm.

**FOR NON MEMBERS AND MEMBERS** on **Saturday, May 18<sup>th</sup>** from 12pm until 2pm

and will continue during regular pool hours in the Manager's office.

At the time of registration please bring with you your completed registration form(s) with your desired session, level, and time slot. *You may register more than one child and/or more than one session per registration form.*

A check or cash payment is required at the time of registration. Please make checks payable to: Willowood Swim Club.

We schedule classes based on the number of individuals that sign-up therefore, **THERE WILL BE NO REFUNDS** once you sign your child up.

If a class is cancelled there will be a make-up lesson scheduled. If your child misses a lesson, **there will be no individual make-up lessons.**

## Levels Offered

**Learn to Swim Level 1:** The objective for Level 1 is to learn basic personal water safety information and skills to help the swimmer feel comfortable in the water. The swimmer will start developing positive attitudes, good swimming habits, and safe practices in and out of the water.

**Learn to Swim Level 2:** The objective for Level 2 is to give the swimmer success with fundamental skills. Swimmers will learn to float without support and recover to a vertical position. This level marks the beginning of learning how to swim on their front and back without support.

**Learn to Swim Level 3:** The objective for Level 3 is to build on previously learned skills by providing additional guided practice. They will be taught the survival float, diving from a seated position, freestyle, elementary backstroke, scissor and dolphin kicks and builds on the skill of treading water.

**Learn to Swim Level 4:** The objective for Level 4 is to develop the swimmers' confidence in the strokes learned thus far and to improve other aquatic skills. They will improve their skills and increase their endurance by swimming great distances in freestyle and elementary backstroke. Backstroke, butterfly, breaststroke, and a basic turn will be taught in Level 4.

# LESSON FEES

Members: \$45.00 per session

Non-Members: \$60.00 per session

## 2019 LESSON SCHEDULE

### Session

<b>EL1</b>	Evening Lessons 1:	<b>June 17<sup>th</sup> – June 27<sup>th</sup></b>	Mon through Thurs for two weeks
<b>EL2</b>	Evening Lessons 2:	<b>July 8<sup>th</sup> – July 18<sup>th</sup></b>	Mon through Thurs for two weeks
<b>ML1</b>	Morning Lessons 1:	<b>June 17<sup>th</sup> – June 27<sup>th</sup></b>	Mon through Thurs for two weeks.
<b>ML2</b>	Morning Lessons 2:	<b>July 8<sup>th</sup> – July 18<sup>th</sup></b>	Mon through Thurs for two weeks.
<b>ML3</b>	Morning Lessons 3:	<b>July 29<sup>th</sup> – August 8<sup>th</sup></b>	Mon through Thurs for two weeks.

**Evening Lessons:** Classes are 30 mins.

Class times are 6:00, 6:40 and 7:20pm

**Morning Lessons:** Classes are 30 minutes

Class times are 9:10, 9:50, 10:30 and 11:10am

**Make-up Lessons:** If lessons are cancelled due to inclement weather they will be made up during the week following the session.



# SWIM LESSON APPLICATION FORM 2019

Swimmer Name: \_\_\_\_\_

Circle one:      Member                  Non-Member

Emergency Contact Cell Phone # \_\_\_\_\_

**\* a parent must remain at the pool during lessons**

Address:

\_\_\_\_\_

Email Address:

\_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ \*at time of lessons

Medical Conditions (if any): \_\_\_\_\_

\_\_\_\_\_

Please circle your swim lesson session choice.

Session:    ML1                  ML2                  ML3                  EL1                  EL2

Level:        \_\_\_\_\_

Time:         \_\_\_\_\_

Signature of parent/guardian: \_\_\_\_\_

*\*Please note that the instructor may move your student to a different level if they feel it necessary.*

For Office Use Only:

Cost: \_\_\_\_\_ Check#/Cash \_\_\_\_\_ Credit Card \_\_\_\_\_