



2020 Swim Lesson Program

Our valued and respected swim lesson program is available 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.** On the last lesson of the session there will be opportunity for the children to go down the slide and off the diving board.

Individual lessons. If you are interested in one-on-one lessons, sign up and prices will be available at the start of the season.

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 and a **text message** will be sent.

A make-up date will also be announced.

REGISTRATION

Registration will begin:

FOR MEMBERS on **Saturday, May 9th** from 12pm to 2pm.

FOR NON MEMBERS AND MEMBERS on **Saturday, May 16th** from 12pm until 2pm

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

You can pay by cash, check or credit card. Checks should be made payable to 'Willowood Swim Club'

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 for more than one session.*

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

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

2020 LESSON SCHEDULE

Session

EL1 Evening Lessons 1: **June 15th – June 25th** Mon through Thurs for two weeks

EL2 Evening Lessons 2: **July 6th – July 16th** Mon through Thurs for two weeks

****There will be no lesson on the evening of Wednesday July 8 due to the Swim Team Invitational Meet. That lesson will be 'made up' on Friday July 10****

ML1 Morning Lessons 1: **June 15th – June 25th** Mon through Thurs for two weeks.

ML2 Morning Lessons 2: **July 6th – July 16th** Mon through Thurs for two weeks.

ML3 Morning Lessons 3: **July 27th – August 6th** 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

Swimmer Name: _____

Circle one: Member (\$45) Non-Member (\$60)

Emergency Contact Cell Phone # _____

*** a parent/guardian 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 _____