



# 2021 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 8th from 10am-12pm**

**FOR NON MEMBERS AND MEMBERS** on **Saturday, May 15<sup>h</sup> from 10am-12pm**

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 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

## 2021 LESSON SCHEDULE

### Session

<b>EL1</b>	Evening Lessons 1:	<b>June 14<sup>th</sup> – June 24<sup>th</sup></b>	Mon through Thurs for two weeks
<b>EL2</b>	Evening Lessons 2:	<b>July 5<sup>th</sup> – July 15<sup>th</sup></b>	Mon through Thurs for two weeks
<b>ML1</b>	Morning Lessons 1:	<b>June 14<sup>th</sup> – June 24<sup>th</sup></b>	Mon through Thurs for two weeks.
<b>ML2</b>	Morning Lessons 2:	<b>July 5<sup>th</sup> – July 15<sup>th</sup></b>	Mon through Thurs for two weeks.
<b>ML3</b>	Morning Lessons 3:	<b>July 26<sup>th</sup> – August 5<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 9:00, 9:40, 10:20 and 11:00am

**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)**

**Parent/Guardian Name:** \_\_\_\_\_

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.

	6/14-6/24	7/5-7/15	7/26-8/5	6/14-6/24	7/5-7/15
Session:	ML1	ML2	ML3	EL1	EL2
Level:	_____				
Time:	_____				

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

Class times are 9:00, 9:40, 10:20 and 11:00am

**Liability Waiver & Release;** As a condition of participation in any Willowood Swim Club program, I agree as a participant or parent/guardian of a participant in the program, to assume all risks and hazards of engaging in a Willowood activity, including assuming all risks for personal injury, death and property damage.

I agree to hold harmless Willowood Swim Club, its staff, instructors, volunteers, or representatives from liability for any losses, damages or injuries that may occur as a result of my participation in these activities regardless of cause. I further agree that there is risk associated in regard to the COVID-19 pandemic and possible exposure as a participant.

I understand that by participating in a Willowood activity, I consent to photo and/or video images taken by Willowood Swim Club staff during this activity to be used in any Willowood publications, social media posts, reports and websites.

**Acknowledgement of Understanding:** I have read the above and understand the terms and conditions set forth in the liability waiver and release.

I certify that the information above is true and correct to the best of my knowledge.

**Signature of participant:** \_\_\_\_\_ Date: \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ Date: \_\_\_\_\_

(if participant is a minor, parent/guardian signature is required)

For Office Use Only:

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