

## SWIM LESSON REGISTRATION

If you are interested in Group or Private swim lessons, please complete both sides of this form and return to the front desk. If you have questions, please call 233-2466 or email Hallie at [mrs.hallie1@gmail.com](mailto:mrs.hallie1@gmail.com)

### TYPE OF LESSON DESIRED

Group  Semi-Private  Private

### Monday-Thursday Lessons (Choose 2 weeks)

- Week 1 May 30 – June 2
- Week 2 June 6-9
- Week 3 June 13-16
- Week 4 June 20-23
- Week 5 June 27-30
- Week 6 July 5-8
- Week 7 July 11-14
- Week 8 July 18-21
- Week 9 July 25-28

*Weather cancelations will be made up on Fridays. You will be contacted with the exact time one week prior to your lesson.*



## GROUP LESSONS

30 Minutes—8 Sessions

No substitutions or mixed weeks! Classes will be help on an as-needed basis.

No more then 6 students.

\$75.00

## SEMI-PRIVATE LESSONS

30 Minutes—4 Sessions

2 to 3 participants allowed

\$75.00

## PRIVATE LESSONS

30 Minutes—4 Sessions

One-on-one learning.

\$100.00

Both SEMI-PRIVATE & PRIVATE can be scheduled at any time that is convenient for you and the instructor.

LESSONS MUST BE PAID IN FULL BEFORE THE 1ST DAY

**\*\*No refunds for missed classes\*\***



# Swim Lessons at Grand Lake Club



*Grand  
Lake  
Club*  
AT SOUTHERIDGE

815 South Bridge Blvd  
912-233-2466  
[www.grandlakesav.com](http://www.grandlakesav.com)

## SWIM LESSON LEVELS

### Parent & Child ( 6 Months to 3 years)

The Grand Lake Club swim program offers the opportunity for children as young as 6 months to 3 years to meet the challenges of learning to swim. Parent and child classes, also called Waterbabies, allow children to be accustoming and comfortable with the water while feeling safe with a parent. Children begin learning basic movements like kicking and stroking their arms, as well as becoming comfortable with having their faces in or near the water. These basics build the foundation for later swimming techniques such as swimming under water and breathing exercises.

**PRESCHOOL AGES (3–4)** These classes are without parental guidance and are 30 minutes long. These classes teach students basic pool safety and boating safety. They are broken into the following skill levels:

**1: Pike:** Lessons are designed for children with little to no experience in the water. Students learn basic skills like blowing bubbles, floating on their front and back, paddling with support, and kicking on their front and back with support.

**2. EEL:** Lessons incorporate jumping in and paddling without support for children who have already mastered some of the Pike level skills, such as floating. Children will learn to swim independently at least 10 feet on their front.

**3.RAY:** Lessons incorporate the needs of swimmers who can move through shallow water independently. They are taught the foundations of specific strokes such as the backstroke, sidestroke and breaststroke. Students are also introduced to breathing techniques and diving.

**4.STARFISH:** Lessons are for the most-advanced preschool level swimmers. These classes develop more intricate techniques for strokes and dives.

## YOUTH (AGES 6 TO 12)

Youth Lessons are generally designed for student's age 6 to 12, are generally 30 minutes and include the following six progressively challenging levels:

- 1. Polliwogs:** lessons are for youth swimmers with little to no water experience, These children learn basic techniques like floating and basic strokes.
- 2. GUPPIES:** Lessons are for intermediate students who learn how to perform in-water techniques without floatation devices, and learn foundations for complicated techniques like diving. They are also introduced to the basics of front and back crawl, sidestroke, breaststroke & backstroke.
- 3. MINNOWS:** Lessons are for students to learn how to refine their stroke techniques & diving skills.
- 4. FISH-LEVEL:** Lessons are for students to learn how to incorporate turning into their basic strokes, like the butterfly stroke.
- 5. FLYING FISH:** Lessons are for student focusing on increasing their endurance for swimming distances with the strokes they've learned.
- 6. SHARK-LEVEL:** Lessons are for students ready to begin racing and swimming certain distances to perfect their stroke techniques.

**\*\*Swim Evaluations are required for all non-beginners. Children who can put their head under water and blow bubbles will need to be tested. Please bring bathing suit and towel (goggles are optional). See our Pool Director for dates and times.**

## SWIM LESSON REGISTRATION

Participant's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Member #: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

### YEARS EXPERIENCE IN THE POOL

0 1-3 4-6 7-9 10+

### Level Lesson Desired

\_ Parent/Child \_ Pike \_ Eel \_ Ray \_ Star Fish

\_ Polliwogs \_ Guppies \_ Minnows \_ Fish Level

