



# GROUP SWIM LESSONS

## BEGINNER 1

An introduction to water skills that helps participants to feel comfortable in the water. The class focuses on basic swimming skills including kicking, arm movements, floating, and jumps. All of these skills are taught with support. Principles such as safe water entry/exit, water buoyancy, breathing control and blowing bubbles, as well as aquatic safety, will also be taught. This class

## BEGINNER 2

Participants in this class should be proficient in the skills of our Beginner 1 class. This is a FUNdamental swimming skills class that allows participants to improve/refine arm and leg movements on their front-side and back, as well as learn how to do a sit dive. Participants are also taught how to tread water, and gain comfort in deep water.

## ABOUT OUR LESSONS:

Our group lessons are taught by USA swimmers who are experienced in the competitive world of swimming and still compete on a year round basis. Each instructor has been trained in class management and knows the goals of what each class level is trying to achieve. All participants must be potty trained since we have in the main pool. Our class ratio is 3 students per 1 instructor, so we have limited spots. Classes are 30 minutes in length.

*\*Make-ups are only offered if it was a weather cancellation, no exceptions.*

*Questions?*

*Contact us at [birchwoodswimanddive@gmail.com](mailto:birchwoodswimanddive@gmail.com)*

### Session 1 | 4 Classes | \$40 per session

Dates: 6/10, 6/11, 6/12, 6/13

Class: Beginner 1 | Times: 4:30pm or 5:00pm

Class: Beginner 2 | Times: 4:30pm or 5:00pm

### Session 2 | 4 Classes | \$40 per session

Dates: 6/17, 6/18, 6/19, 6/20

Class: Beginner 1 | Times: 4:30pm or 5:00pm

Class: Beginner 2 | Times: 4:30pm or 5:00pm

### Session 3 | 4 Classes | \$40 per session

Dates: 6/24, 6/25, 6/26, 6/27

Class: Beginner 1 | Times: 4:30pm or 5:00pm

Class: Beginner 2 | Times: 4:30pm or 5:00pm

### Session 4 | 4 Classes | \$40 per session

Dates: 7/8, 7/9, 7/10, 7/11

Class: Beginner 1 | Times: 11:00am or 4:00pm

Class: Beginner 2 | Times: 11:00am or 4:00pm

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## SWIM LESSON REGISTRATION FORM:

Registration and payment must be submitted before the start of the session. Spots are on a first come first serve basis. Please note parents/guardians are expected to remain at the club for the duration of their child's lesson.

Childs Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parents Name: \_\_\_\_\_ Cellphone Number: \_\_\_\_\_

(Please circle the session/s, class and time/s)

Session: 1	Class: Beginner 1	Beginner 2	Time: 4:30	5:00
Session: 2	Class: Beginner 1	Beginner 2	Time: 4:30	5:00
Session: 3	Class: Beginner 1	Beginner 2	Time: 4:30	5:00
Session: 4	Class: Beginner 1	Beginner 2	Time: 11:00am.	4:00pm