



Private Swim Lessons 2023

Parent Name: _____

Student Name: _____ Gender: _____ Age: _____

Address: _____ City: _____

Phone: _____

Cost

\$60 per week (5 days) 30-minute sessions

Week Preferred

_____ June 5th – 9th

_____ June 26th – June 30th

_____ June 19th – 23th

_____ July 10th – 14th

Times Preferred

_____ 9:00 – 9:30 am

_____ 9:30 – 10:00 am

_____ 10:00 – 10:30 am

_____ 10:30 – 11:00 am

_____ 11:00 – 11:30 am

_____ 11:30 am – 12:00 pm

_____ 12:00 – 12:30 pm

_____ 7:00 – 7:30 pm

_____ 7:30 – 8:00pm

Skills Worked on During Lessons:

- Enter and exit water safety
- Submerge mouth, nose, and eyes
- Exhale underwater, pick up submerged object
- Roll over from front to back and back with support
- Explore swimming on front and back using arm and leg actions with support
- Enter water safely using ladder or side
- Submerge entire head
- Blow bubbles submerging head in rhythmic pattern
- Float on front and back
- Perform front and back glide
- Diving
- Front and back crawl
- Breaststroke
- Butterfly

