

# Rick Rodgers Community Pool

## Private Swim Lessons

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
Phone: \_\_\_\_\_

### **Cost**

\$60 per week (5 days) 30 minute sessions  
\_\_\_\_\_ # of weeks requested

### **Days Preferred**

\_\_\_ Monday \_\_\_ Tuesday \_\_\_ Wednesday \_\_\_ Thursday \_\_\_ Friday  
\_\_\_ Saturday \_\_\_ Sunday \_\_\_ Any day

### **Times Preferred**

\_\_\_ 9:00-9:30am \_\_\_ 9:30-10:00am \_\_\_ 10:00-10:30am  
\_\_\_ 10:30-11:00am \_\_\_ 11:00-11:30am \_\_\_ 11:30-12:00am  
\_\_\_ 12:00-12:30pm \_\_\_ 5:00-5:30pm \_\_\_ 5:30-6:00pm

**Lifeguard Preferred:** \_\_\_\_\_

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### **Swim Lesson Checklist – what do you want your child to learn?**

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Roll over from front to back and back to front with support
- Explore floating on front 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