

Winfield Community Pool

Private Swim Lessons

Name _____ Gender _____ Age _____

Address _____ City _____

Parents Name _____ Phone _____

Swim Lesson Options

____ 30 minute session ____ 60 minute session

Cost

\$5.00 per 30 minute sessions.

_____ # of sessions requested

Days Preferred

____ Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday

____ Saturday ____ Sunday

Times Preferred

____ 10:00-10:30 ____ 10:30-11:00 ____ 11:00-11:30

____ 11:30-12:00 ____ 12:00-12:30 ____ other, please list _____

Lifeguard Preferred

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 by stepping or jumping from the side
- Exit 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

Office use ONLY

Paid: cash or check # _____ (circle one)

Date: _____

Received By: _____