January - Group Swim Lessons

(4 sessions per class)

Class Description	Day/Time (circle one)	Member	Non-Member
Parent/Child (Age 6 mos.-3) (1:10 instructor to parent/child pair ratio)	**Saturdays 9:15-9:45am** Jan. 6, 13, 20, 27	**$35**	**$50**

The instructor and the parent introduce basic water skills to the child such as blowing bubbles, breath control, kicking, and floating. This class focuses on water orientation and encourages the parent and child to trust each other and have fun in the water. **Adult must be in the water with the child for the entire class (no exceptions).**

Beginner (Age 5+) (1:5 instructor to participant ratio)	**Saturdays 9:15-9:55 am** Jan. 6, 13, 20, 27	**$40**	**$55**
Preschool Beginner (Age 2.5-5) (1:5 instructor to participant ratio)	**Tuesdays 11-11:40 am** or Jan. 9, 16, 23, 30 **Fridays 10:15-10:55 am** Jan. 5, 12, 19, 26	**$40**	**$55**
	Saturdays 10-10:40 am Jan. 6, 13, 20, 27	**$40**	**$55**

A beginning level class focused on becoming proficient in the fundamental building blocks of swimming and water safety to include: floating independently, jumping in the water, being submerged and returning to the wall safely, floating on your back, and working on freestyle/front crawl and introduction to elementary back stroke. Swimmer must be comfortable having their ears submerged while in an assisted back float.

Intermediate (Age 5+) (1:5 instructor to participant ratio)	**Saturdays 10-10:40 am** Jan. 6, 13, 20, 27	**$40**	**$55**

An intermediate level class with a focus on side breathing, where swimmers continue to build swimming skills to include freestyle and backstroke. Introduction to breast stroke and butterfly kick. Must be able to keep their head above water for 30 sec and swim alternating arms and legs independently. Must be able to jump in and recover independently.

Preschool Intermediate (Age 2.5-5) (1:5 instructor to participant ratio)	**Fridays 11:00-11:40 am** Jan. 5, 12, 19, 26	**$40**	**$55**

A preschool intermediate level class for swimmers who are comfortable floating on their back with minimal to no assistance. Swimmers can jump in and submerge completely and can glide and kick on their front and back with minimal assistance.

***Classes must have 5 participants registered in order to hold the class. If there are less than 5, the aquatics staff reserve the right to combine classes with similar goals and abilities or cancel or reschedule the class.**

***Private lessons are available and may be scheduled individually with the instructor for a time that is convenient for you. Please stop by the front desk for more information on purchasing private lessons.**

Swimmer's Information

Member: ☐ Non-Member: ☐

Name: _____ Date of BIrth: _____

Parent's Name: _____ Phone Number: _____

Home Address: _____ Email Address: _____

Credit/Refund Policy: *No refunds will be given unless documented medical reasons prevent an individual's participation. A credit may be given if Coastal Fitness Center cancels a lesson(s). If the lesson is cancelled or is combined with a similar class and the participant is unable to attend, a credit will be given. Programs cancelled for inclement weather will be made up, if possible, but participants may not receive a credit or a refund. If a credit is issued, the credit is only good for six (6) months from the credit issue date.*

Parent/Guardian Signature:_____ Date: _____

Amount Paid: _____ Cash ☐ Credit Card ☐ Check ☐ Received by: _____