

Swim Lessons Form

The cost of lessons is **\$65**. Bondholders pay only \$45. Each Session consists of 8 lessons, 30 minutes each, in a 2 week period. The lessons are Monday - Thursday, with Friday used as a make-up day if a lesson is cancelled. Times are either 9:00am or 9:45am. There are 3 sessions, PLEASE CIRCLE YOUR CHOICES:

[circle which session]

[circle which time]

- Session One---June 22nd thru July 2nd 9:00am or 9:45am
- Session Two---July 13rd thru July 23rd 9:00am or 9:45am
- Session Three---Aug 3rd thru Aug 13th 9:00am or 9:45am

An explanation of each level is provided; please CIRCLE which level you wish.

[circle a level]

- Minnow
- Dolphin
- Sharks

All payments MUST be turned in with this application; your spot is not reserved without a payment. Deadline for application is one week prior to start date. No refunds are issued unless Club Brennan cancels a session. Class sizes are 4-7 students [see program layout], a minimum of 4 students is needed to hold the class.

.....

Name of Student _____ Amount \$
Print clearly!

Parent's Name _____ Bondholder

Address _____

Phone _____ [H] _____ [C]

[for office use] **ON THE SCHEDULE**

Please INITIAL each statement indicating your agreement:

_____ PARENTS ARE WELCOME TO OBSERVE THE SWIM CLASS FROM UNDER THE PAVILION OR AT A POOLSIDE TABLE, BUT ARE TO MAINTAIN A 20 FOOT DISTANCE FROM THE POOLS EDGE AT ALL TIMES DURING THE LESSON. DO NOT DISTRACT OR INTERRUPT THE INSTRUCTOR.

_____ PARENTS STANDING OR SITTING AT THE WATERS EDGE IS PROHIBITED DURING LESSONS.

_____ PARENTS ARE EXPECTED TO WAIT UNTIL A LESSON IS OVER TO ADDRESS ANY CONCERNS WITH THE SWIM INSTRUCTOR.

_____ THE LIFEGUARD ON DUTY FOR LESSONS IS TO BE RESPECTED AT ALL TIMES, HE/SHE HAS THE AUTHORITY TO ENFORCE CLUB BRENNAN'S RULES AND REGULATION, WHICH APPLY AT ALL TIMES.

_____ FLOTATION DEVICES ARE NOT NECESSARY DURING ANY LESSON. GOGGLES MAY BE USED AND ARE ENCOURAGED.

_____ IF YOUR CHILD CANNOT SIT PATIENTLY AT THE WATERS EDGE DURING THE LESSON THEN YOU UNDERSTAND THAT THIS IS NOT THE APPROPRIATE FORMAT FOR THEM. PRIVATE LESSONS ARE AVAILABLE FOR MEMBERS ONLY.

_____ EVERYONE MUST VACATE THE CLUB AT THE END OF LESSONS, ALLOWING STAFF TIME TO PREPARE FOR NORMAL OPERATING HOURS. MEMBERS MUST PRESENT THEIR ID TAGS UPON RE-ENTRY.

_____ PLEASE BE ADVISED: THE FIRST DAY OR TWO OF LESSONS IS TIME SPENT EVALUATING YOUR CHILD. THE INSTRUCTOR RESERVES THE RIGHT TO MOVE YOUR CHILD TO THE APPROPRIATE LEVEL SUITED FOR THEIR ABILITY, COMFORT AND SAFETY.

_____ PERMISSION IS GIVEN TO PHOTOGRASH YOUR CHILD FOR PROMOTIONAL PURPOSES AS WELL AS A CELEBRATION OF THEIR EFFORTS.

_____ MAKE UP DAYS ARE FOR THE PURPOSE OF A LESSON CANCELLATION; IF A STUDENT MISSES A CLASS THERE IS NO MAKE UP TIME SCHEDULED.

_____ REFUNDS ARE NOT GIVEN UNLESS A SESSION IS CANCELLED BY STAFF DUE TO LACK OF PARTICIPANTS. SWITCHING A STUDENT TO ANOTHER SESSION IS AT THE MANAGEMENT'S DISCRETION.

Club Brennan's Swim Lesson Program:

Minnows: this program is designed for *children 3 to 5 years of age with little or no swimming experience*. Parents will not accompany children into the water. **Class size is limited to 4 students.**

Below are just some of the accomplishments we hope to achieve, games will be a highlight to instruction:

- Independent submersion
- Kicking
- Arm paddling
- Floating with Assistance
- Jumping
- Water Adaptation
- Blowing Bubbles
- Underwater Recovery (Reaching & Pulling)
- Climbing Out Of The Pool
- "What to do if you fall in"

Dolphins: this program is designed for children *5 years of age and older who have previous swimming skills and can pass a few basic water skills*. **Class size is limited to 7 students.**

Children will be tested on the following skills on the first day of class [children may be moved to another level based on testing]:

- Blowing bubbles.
- Putting their face under water for 5 -10 seconds.
- Front kicking while holding on to the side.
- Bobbing head while holding on to the side.
- Recovering an object from the bottom of the pool-in 3 ft. of water

Children will improve in the above-mentioned skills plus learn the following:

- Front crawl stroke
- Elementary backstroke
- Breaststroke
- Floating
- Glides
- Surface Dives
- All instruction will take place in 3-5 feet of water

Sharks: this program is designed for children *6 years of age and older who have swimming experience and are able to pass the following skills on the first day of instruction*. **Class size is limited to 7 students**

- Front crawl with breathing
- Front float
- Treading water

Skills learned from the Dolphin level will be reinforced and students will be taught new skills for improving the breast, side, back and elementary back stroke plus diving:

- Refine freestyle & backstroke
- Breast stroke
- Diving - standing, shallow & surface