

#### When?

• Each lifeguard who is teaching private lessons has chosen date/time options. Each "session" will consist of (4) 30-minute lessons.

# Levels offered?

• Ages 3 - adult

**Continuum of skills that will be introduced:** safety rules, increase comfort level in the pool, putting face in the water, jumping in the pool (assisted and unassisted), floating on back, floating on front, proper breathing techniques, proper kicking techniques, freestyle (front crawl) instruction, underwater item retrieval, treading water, diving, and passing of our swim test to use the diving board. Stoke development will also be offered for swimmers who demonstrate the basic skills.

## Who are the instructors?

The instructors are current lifeguards at the pool. They are also competitive swimmers who are participating or have participated on swim teams.

# How do I sign up?

<u>Beginning Sunday, June 9</u>, you can register/pay at the pool between the hours of 12:00 – 7:30pm. No early registrations will be accepted, and they are first come, first served. You will be permitted to sign up for 1 session. If there are slots available after the first phase of registration, information will be posted on our website and our Facebook page with directions about how to sign up for another slot.

## **Cost for an entire session (price includes 4 lessons)?**

| Pool Members | Pool Non-Members |
|--------------|------------------|
| \$80         | \$95             |

## How many sessions can I sign up for?

• At this time, <u>each swimmer can register for 1 session</u>. If there are spots available, information will be posted on our Facebook page (Friends of Fleetwood Pool) and you may then sign up for a second session.



#### **Fleetwood Pool Private Swim Lesson Registration**

| Swimmer's<br>Name      |         | ber of the pool? |
|------------------------|---------|------------------|
| Swimmer's Age          | Υo      | r N              |
| Parent's Name          | Members | Non-Members      |
| Parent's cell<br>phone | ¢20.00  | ¢05.00           |
| Parent's e-mail        | \$80.00 | \$95.00          |

\*Please use a separate sheet for each swimmer. Thanks!

Directions: <u>Please select ONE lesson slot</u>. Your child must be available to attend all 4 dates listed. You may want to identify several slots that you would be able to attend in case your preferred slot is already taken. If there are slots available after the first phase of registration, information will be posted on our website and our Facebook page with directions about how to sign up for another slot.

| Instructor | Dates  | Times           |
|------------|--|-----------------|
| <br>Logan  | Tues., 6/18, Fri., 6/21, Tues., 6/25, Fri., 6/28     | 6:15 – 6:45pm   |
| Logan      | Tues., 6/18, Fri., 6/21, Tues., 6/25, Fri., 6/28     | 7:00 – 7:30pm   |
| Julia K.   | Sun., 6/16, Sat., 6/22, Sun. 6/23, Sat., 6/29        | 11:00 – 11:30am |
| Maegan     | Tues., 6/18, Thurs., 6/20, Tues., 6/25, Thurs., 6/27 | 3:00-3:30pm     |
| Maegan     | Tues., 6/18, Thurs., 6/20, Tues., 6/25, Thurs., 6/27 | 3:45 – 4:15pm   |
| Maegan     | Tues., 6/18, Thurs., 6/20, Tues., 6/25, Thurs., 6/27 | 4:30 – 5:00pm   |
| Maegan     | Tues., 6/18, Thurs., 6/20, Tues., 6/25, Thurs., 6/27 | 5:15 – 5:45pm   |
| Cassadie   | Tues., 6/18, Thurs., 6/20, Tues., 6/25, Thurs., 6/27 | 10:30 – 11:00am |
| Cassadie   | Tues., 6/18, Thurs., 6/20, Tues., 6/25, Thurs., 6/27 | 11:15 – 11:45am |
| Noah       | Tues., 6/18, Fri., 6/21, Tues., 6/25, Fri., 6/28     | 2:30 – 3:00pm   |
| Noah       | Tues., 6/18, Fri., 6/21, Tues., 6/25, Fri., 6/28     | 3:15 – 3:45pm   |
| Noah       | Tues., 6/18, Fri., 6/21, Tues., 6/25, Fri., 6/28     | 4:00 – 4:30pm   |
| Noah       | Tues., 6/18, Fri., 6/21, Tues., 6/25, Fri., 6/28     | 4:45 – 5:00pm   |

#### Session 1: Week of June 16 and June 23 – make-ups week of June 30

| Julia W. | Mon., 6/17, Tues., 6/18, Fri., 6/21, Sat., 6/22  | 10:00 – 10:30am |
|----------|--|-----------------|
| Julia W. | Mon., 6/17, Tues., 6/18, Fri., 6/21, Sat., 6/22  | 11:15 – 11:45am |
| Julia W. | Mon., 6/17, Tues., 6/18, Fri., 6/21, Sat., 6/22  | 12:00-12:30pm   |
| Julia W. | Mon., 6/17, Tues., 6/18, Fri., 6/21, Sat., 6/22  | 12:45 – 1:15pm  |
| Olivia   | Sat., 6/15, Sun., 6/16, Sat., 6/29, Sun., 6/30 (make up<br>lessons would be held during another weekthe<br>instructor would reschedule with you) | 10:30 – 11:00am |
| Olivia   | Sat., 6/15, Sun., 6/16, Sat., 6/29, Sun., 6/30 (make up<br>lessons would be held during another weekthe<br>instructor would reschedule with you) | 11:15 – 11:45am |
| Olivia   | Sat., 6/15, Sun., 6/16, Sat., 6/29, Sun., 6/30 (make up<br>lessons would be held during another weekthe<br>instructor would reschedule with you) | 12:00 – 12:30pm |
| Olivia   | Sat., 6/15, Sun., 6/16, Sat., 6/29, Sun., 6/30 (make up<br>lessons would be held during another weekthe<br>instructor would reschedule with you) | 12:45 – 1:15pm  |

#### Session 2: Week of July 7 and July 14 make-ups week of July 21

| <br>       |   |                 |
|------------|---|-----------------|
| Instructor | Dates   | Times           |
| Logan      | Tues., 7/9, Fri., 7/12, Tues., 7/16, Fri., 7/19     | 6:15 – 6:45pm   |
| Logan      | Tues., 7/9, Fri., 7/12, Tues., 7/16, Fri., 7/19     | 7:00 – 7:30pm   |
| Maegan     | Tues., 7/9, Wed., 7/10, Tues., 7/16, Wed., 7/17     | 3:00 – 3:30pm   |
| Maegan     | Tues., 7/9, Wed., 7/10, Tues., 7/16, Wed., 7/17     | 3:45 – 4:15pm   |
| Maegan     | Tues., 7/9, Wed., 7/10, Tues., 7/16, Wed., 7/17     | 4:30 – 5:00pm   |
| Maegan     | Tues., 7/9, Wed., 7/10, Tues., 7/16, Wed., 7/17     | 5:15 – 5:45pm   |
| Cassadie   | Tues., 7/9, Thurs., 7/11, Tues., 7/16, Thurs., 7/18 | 10:30 – 11:00am |
| Cassadie   | Tues., 7/9, Thurs., 7/11, Tues., 7/16, Thurs., 7/18 | 11:15 – 11:45am |
| Rachael    | Tues., 7/9, Thurs., 7/11, Tues., 7/16, Thurs., 7/18 | 10:00 – 10:30am |
| Rachael    | Tues., 7/9, Thurs., 7/11, Tues., 7/16, Thurs., 7/18 | 10:45 – 11:15am |
| Noah       | Tues., 7/9, Fri., 7/12, Tues., 7/16, Fri., 7/19     | 2:30 – 3:00pm   |
| Noah       | Tues., 7/9, Fri., 7/12, Tues., 7/16, Fri., 7/19     | 3:15 – 3:45pm   |

| Noah | Tues., 7/9, Fri., 7/12, Tues., 7/16, Fri., 7/19 | 4:00 – 4:30pm |
|------|---|---------------|
| Noah | Tues., 7/9, Fri., 7/12, Tues., 7/16, Fri., 7/19 | 4:45 – 5:15pm |

#### Session 3: Week of July 28 and August 4 (make-ups week of August 11)

| Instructor | Dates   | Times           |
|------------|---|-----------------|
| Instructor |   |                 |
| Logan      | Tues., 7/30, Fri., 8/2, Tues., 8/6, Fri., 8/9     | 9:45 – 10:15am  |
| Logan      | Tues., 7/30, Fri., 8/2, Tues., 8/6, Fri., 8/9     | 10:30 – 11:00am |
| Julia K.   | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 10:30 – 11:00am |
| Julia K.   | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 11:15 – 11:45am |
| Julia K.   | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 12:00 – 12:30pm |
| Julia K.   | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 12:45 – 1:15pm  |
| Maegan     | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 3:00 – 3:30pm   |
| Maegan     | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 3:45 – 4:15pm   |
| Maegan     | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 4:30 – 5:00pm   |
| Maegan     | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 5:15 – 5:45pm   |
| Noah       | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 2:30 – 3:00pm   |
| Noah       | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 3:15 – 3:45pm   |
| Noah       | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 4:00 – 4:30pm   |
| Noah       | Tues., 7/30, Thurs., 8/1, Tues., 8/6, Thurs., 8/8 | 4:45 – 5:15pm   |

Date received: \_\_\_\_\_ Approval: \_\_\_\_\_

Payment method: \_\_\_\_\_