

## Avalon Pool Summer 2018 Swim Lessons

Swimming lessons will be provided by the lifeguard staff; each will last 30 minutes for private lessons and 45 minutes in the group setting. Each private session will consist of five lessons, group sessions will consist of six lessons. Private lessons will be scheduled between the participant and the instructor. Group lessons will be conducted on the dates below. All lessons will cover basic water safety, the fundamentals of swimming and advanced swimming skills. These lessons are open to people of all ages and ability levels.

### Contact Information

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M/F

Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Are you a Pool Pass Holder? Yes or No

### Swim Lesson Preferences

Instructor Preference: Male/Female      Instructor Assigned (Management): \_\_\_\_\_

Lesson Type:  Private (\$50)       Group: Session I, Wednesdays 6:30 - 7:15 (June 20 - July 25) (\$45)

Check Number: \_\_\_\_\_

Total Due: \_\_\_\_\_

Please use the following to describe the swimmer's ability:

**Non-Swimmer**

Uncomfortable putting face in water. Limited ability to stay on surface. Limited ability to float on back.

**Beginner**

Puts face in the water. Floats on stomach. Can swim 10 - 15 ft. May need practice floating on back.

**Intermediate**

Comfortable in the water. Can swim 25 yards (one pool length) with face in the water. Can float on back for one minute. Familiar with various swimming strokes including front crawl, breaststroke, and sidestroke.

**Advanced**

Very comfortable in the water. Can swim at least 50 yards (two pool lengths) with face in the water, breathing to side or front. Proficient at one or more of the major strokes.

Please provide any other details or goals in the space below:

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\*\*For Instructor Use Only

Lesson Date	1	2	3	4	5
Initial					