

2025 GROUP SWIM LESSONS



BEGINNER 1

An introduction to water skills that helps participants to feel comfortable in the water. The class focuses on basic swimming skills including kicking, arm movements, floating, and jumps. All of these skills are taught with support. Principles such as safe water entry/exit, water buoyancy, breathing control and blowing bubbles will be taught. This class prepares participants to become independent swimmers.

BEGINNER 2

Participants in this class should be proficient in the skills of our Beginner 1 class. This is a FUNdamental swimming skills class that allows participants to improve/refine arm and leg movements on their front- side and back, as well as learn how to do a sit dive. Participants are also taught how to tread water, and gain comfort in deep water.

ABOUT OUR LESSONS:

Our group lessons are taught by USA swimmers who are experienced in the competitive world of swimming and still compete on a year round basis. Each instructor has been trained in class management and knows the goals of what each class level is trying to achieve. All participants must be potty trained since we conduct our lessons in the main pool. Our class ratio is 3 students per 1 instructor, so we have limited spots. Classes are 30 minutes in length and are run 4 days per week.

Session 1 | 4 Classes | \$100 per session

Dates: 6/16, 6/17, 6/18, 6/20 (M,Tues,Weds, F)
(No 6/19)

Class: Beginner 1 | Times: 4:00pm / 4:30pm

Class: Beginner 2 | Times: 4:00pm / 4:30pm

Session 2 | 4 Classes | \$100 per session

Dates: 6/23, 6/24, 6/25, 6/26 (M,Tu,W,Th)
(No 6/27)

Class: Beginner 1 | Times: 9:30am / 10am / 3:30pm / 4pm

Class: Beginner 2 | Times: 9:30am / 10am / 3:30pm / 4pm

Session 3 | 4 Classes | \$100 per session

Dates: 6/30, 7/1, 7/2, 7/3 (no 7/4)

Class: Beginner 1 | Times: 9:30am / 10am / 3:30pm / 4pm

Class: Beginner 2 | Times: 9:30am / 10am / 3:30pm / 4pm

**Make-ups are only offered if it was a weather cancellation, no exceptions.*

Questions? Contact us at

birchwoodswimanddive@gmail.com

SWIM LESSON REGISTRATION FORM: Registration and payment must be submitted before the start of the session. Spots are on a first come first serve basis. Please note parents/guardians are expected to remain at the club for the duration of their child's lesson.

Child's Name: _____ Age: _____

Parent's Name: _____ Cell Phone: _____

Email: _____

Class Session: _____ Class Level: _____ Class Time: _____

Cash / Check # _____

TOTAL PAID

\$ _____