



## Evergreen Swim Club Swim Season 2017

Welcome back to a new swim season. We will again be joining forces with Olympus High Aquatics and are grateful for what they bring to our lessons. We are looking forward to a fun, safe and busy summer!

**\*Note:** We will have four instructors and will be offering a Beginner, Advanced Beginner, Intermediate, and Stroke Development class in each of the four time slots.

This flyer is also online @ [evergreenswimclub.com](http://evergreenswimclub.com)

**\*In-person registration will be on Saturday, April 29<sup>th</sup> from 10-11a.m  
@ Evergreen Swim Club - 2235 E. 3775 S.**

**\*Mail in Registration to: Lisa VanTussenbroek  
4048 Solar Circle Holladay, Utah 84124**

### Cost

Cost per session: \$60/members \$70/non-members

### Sessions

- 1<sup>st</sup> Session June 5<sup>th</sup> - June 15<sup>th</sup>
- 2<sup>nd</sup> Session June 19<sup>th</sup> - June 29<sup>th</sup>
- \*3<sup>rd</sup> Session July 3<sup>th</sup> - July 13<sup>th</sup>
- \*4<sup>th</sup> Session July 17<sup>th</sup> - July 28<sup>th</sup>

\* Please note Friday, July 7<sup>th</sup> is a makeup day for Tuesday, July 4<sup>th</sup>  
and Friday, July 28<sup>th</sup> is a makeup day for Monday, July 24<sup>th</sup>

### **Times for all sessions...**

- 9:00 - 9:30 a.m.
- 9:30 - 10:00 a.m.
- 10:00 - 10:30 a.m.
- 10:30 - 11:00 a.m.

Each session consists of 8 lessons over the 2 weeks. The lessons will be held Monday thru Thursday, with Friday as a make-day, if classes need to be rescheduled due to a holiday or weather.

Levels may vary slightly according to need and response...classes will fill up on a first come, first served basis. Maximum number of students per class will ideally be held to 6 for the younger classes and up to 8 for the higher levels.

If you have any questions or concerns please call...  
Lisa VanTussenbroek @ 801-232-9564  
Tom Thorum @ 801-913-2786

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## GROUP SWIMMING LESSON - COURSE DESCRIPTION

### Mission Statement

Provide a kind, safe, and child friendly environment. Emphasis is placed on fun, sportsmanship, technique, and physical conditioning to promote self-esteem and personal improvement.

### Aquatics Program Description & Prerequisites for Group Lessons

*Group Lessons* are two-week structured learning environments, with limited enrollment size. Each class aims to group individuals of like ability and maturity. Class instructors endeavor to engage all the students while ensuring that each and every individual makes progress toward the class objectives.

**Beginner Group Lesson** — Teaches children the basics of swimming. The front and back float are taught and the use arms and legs to swim a short distance.

*\*Prerequisite:* Mature children 3-6 years of age with limited experience in the water.

*Class size:* 6

**Advanced Beginner Group Lesson** — Teaches children the front crawl with rhythmic side breathing and the unassisted back stroke.

*\*Prerequisite:* Children 4-8 years of age who can float in the prone position and swim a short distance with arms. *Class size:* 6

**Intermediate Group Lesson** — Refines a swimmer's front crawl with side breathing and the back float with backstroke arms. Swimmers may learn a shallow dive entry from the pool edge.

*\*Prerequisites:* Children who can swim the width of the pool and float on their back unassisted.

*Class size:* 8

**Stroke Development Group Lesson** — Teaches the correct stroke mechanics of freestyle, backstroke, breaststroke and butterfly. Swimmers may also learn a shallow entry dive from the standard starting blocks. Recommended for those interested in competitive swimming.

*Prerequisites:* Children who can swim the 25 yard length of the pool freestyle with rhythmic breathing and backstroke. *Class size:* 8

## Evergreen Swim Registration 2017

Swimmer \_\_\_\_\_ Age \_\_\_\_\_

Parent \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone # \_\_\_\_\_

Check one in each section -

**Level** - \_\_\_ Beginner \_\_\_ Advanced Beginner \_\_\_ Intermediate \_\_\_ Stroke Development

**Session -**

\_\_\_ 1<sup>st</sup> Session June 5<sup>th</sup> - June 15<sup>th</sup>  
\_\_\_ 2<sup>nd</sup> Session June 19<sup>th</sup> - June 29<sup>th</sup>  
\_\_\_ 3<sup>rd</sup> Session July 3<sup>rd</sup> - July 13<sup>th</sup>  
\_\_\_ 4<sup>th</sup> Session July 17<sup>th</sup> - July 28<sup>th</sup>

**Time -**

\_\_\_ 9:00 - 9:30 a.m.  
\_\_\_ 9:30 - 10:00 a.m.  
\_\_\_ 10:00 - 10:30 a.m.  
\_\_\_ 10:30 - 11:00 a.m.

**Method of payment:** Cash \_\_\_ Check # \_\_\_\_\_ Amount \_\_\_\_\_

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Swimmer \_\_\_\_\_ Age \_\_\_\_\_

Parent \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

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