



Evergreen Swim Club Swim Season 2018

Welcome back to a new swim season. Our lesson program continues to work with Olympus High Aquatics to provide a wonderful lesson experience for swimmers of all ages and abilities. 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.

***In-person registration will be on Saturday, April 28th from 10-11a.m
@ Evergreen Swim Club - 2235 E. 3775 S.**

*** Information and registration forms are available @ evergreenswimclub.com**

***Mail in Registration to:**

Lisa VanTussenbroek

4048 Solar Circle Holladay, Utah 84124

VENMO @ Lisa VanTussenbroek-EVERGREEN@vanclan15

Cost per session: \$65/members \$75/non-members

Sessions

1st Session June 4th - June 14th

2nd Session June 18th - June 28th

3rd Session July 9th - July 19th

***4th Session July 25th - August 3rd**

**** Please note that the 4th session starts on Wednesday, July 25th and will run Thursday and Friday that week, then Monday through Friday the following week, to accommodate the July 24th holiday.**

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 are Monday thru Thursday, with Friday as a make-day, if classes need to be rescheduled due to a holiday or weather. (**Exception as mentioned above.) 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

Evergreen Swim Registration 2018

Swimmer _____ Age _____
Parent _____ Phone _____ Email _____
Emergency Contact _____ Phone _____

Check one in each section -

Level - Beginner ___ Advanced Beginner ___ Intermediate ___ Stroke Development ___

Session -

Time -

___ 1 st Session June 4 th - June 14 th	___ 9:00 - 9:30 a.m.
___ 2 nd Session June 18 th - June 28 th	___ 9:30 - 10:00 a.m.
___ 3 rd Session July 9 th - July 19 th	___ 10:00 - 10:30 a.m.
___ 4 th Session July 25 th - August 3 rd	___ 10:30 - 11:00 a.m.

Method of payment: Cash ___ Check # ___ Amount _____

***Please keep a copy of the dates and times of your swimmer's session
for your records...Thank You!**

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