

Evergreen Swim Season 2023



We are excited for the upcoming summer swim season. We have great instructors and are looking forward to a fun, safe and busy summer!

***Note:** Our four swim instructors 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 29th from 10 - 11a.m
@ Evergreen Swim Club - 2235 East 3775 South

On-line information and registration forms are @ evergreenswimclub.com

OR

***Mail in registration to:**

Lisa VanTussenbroek

4048 Solar Circle Holladay, Utah 84124

email - vanclan8@netzero.net

(Check or VENMO to Lisa VanTussenbroek@Vanclan20)

Cost

Cost per session: \$75/members \$85/non-members

Sessions

1st Session June 12th - June 22nd

**2nd Session June 26th - July 6th

3rd Session July 10th - July 20th

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.

(**2nd session will run Monday, June 26th - Friday, June 30th, then July 3rd, 5th, and 6th.)

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 4 - 6 for the younger classes and 6-8 for the higher levels.**

If you have any questions or concerns, please call

Lisa VanTussenbroek @ 801-232-9564

Evergreen Swim Registration 2023

Swimmer _____ Phone/text _____ Age _____

Parent _____ Email _____

Emergency Contact _____ Phone _____

Check one in each section -

Level - Beginner___ Advanced Beginner___ Intermediate___ Stroke Development___

*Select Session -

*Select Time -

___ 1st Session June 12th - June 22nd

___ 9:00 - 9:30 a.m.

___ **2nd Session June 26th - July 6th

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

___ 3rd Session July 10th - July 20th

___ 10:00 - 10:30 a.m.

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

Method of payment: Cash _____ Check # _____ Venmo _____ Amount _____

***Please keep a copy of the date 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: 6

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/backstroke.

Class size: 6