

Northern Hills Pool: Swimming Lesson's

Swim Lesson Coordinator: Alex Spalding



Lessons FAQ's:

- All Instructors are lifeguard Certified.
- The youngest age recommended is 3.
- The oldest age recommended is 8.
- We can handle hearing impaired and Down syndrome students.
- Classes are two weeks, Tuesday-Friday for 30 minutes a lesson. A total of 4 hours.
- Parents are not allowed to participate in the lessons.
- The rate is \$85 per child for non-members.
- The rate is \$75 per child for members.
- Lessons are handled via email only.
- The only information needed to enroll is the child's name and age.
- We do not restrict by residence!
- Payment must be received before enrollment.
- Payments must be brought by the pool.

Swim Lesson Inquiries,

At Northern Hills Pool we offer lessons with an extremely high student to teacher ratio, 3 students per one instructor. Our instructors are all lifeguard certified and high school or collegiate swimmers. We teach our participants to develop a strong familiarity with the water. Our curriculum try's to stay away from the typical rings, and blowing bubbles; instead we focus on stroke technique. This way the child is not only comfortable with the water, but gains the skills necessary to survive in the water on their own. Our lessons enroll 12 students; our 4 instructors spend the first day mainly evaluating the children. This way we can split the children up based on their skill levels. Some children develop as swimmers faster than others; we try to use this to our advantage, placing the more adept swimmers with each other. We begin with freestyle, focusing on the efficiency of the arms and kick. Once the children have grasped the basic concept of freestyle we flip them over for backstroke. Starting with floating on their back the child progresses through the arm and kick movements associated with backstroke, making sure the child is able to float while swimming. Our goal is to teach every participant the skills they need to survive in the water, however on the last day of swim lessons we have our swimmers attempt to swim a single length of the pool (25 meters) without assistance.

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How do I know if my child is ready for Lesson's?

The youngest recommended age for lessons is 3, and the oldest is 8. Before 3 children have a hard time simply understanding the instructor and grasping what they say. After age 8 children feel awkward in lessons, and usually allow themselves to be held back from learning. If your child does not know how to swim on their own, and is expected to be around water they need swim lessons. If your child demonstrates a fear of the water they need lessons. If your child has no fear of the water, and lacks the skills to survive alone in the water they need lessons.

How do I enroll for Lesson's? When are lessons?

If you feel like your child is in need of lessons, and you would like to enroll, you must first email the swim lesson's coordinator to find out when the next available spots are. Once an available spot is confirmed a price will be quoted. If the spot available and the pricing are agreeable, please fill out the bottom portion of this form and bring it with your payment. The payment must be brought to the pool before enrollment is set. Payments must be received at least one week in advance.

Lessons may only be booked by the lesson's coordinator. Session availability is first-come basis with a max capacity of 12 participants.

Lesson's are offered from 6:00-6:30 or 6:30-7:00.

Lesson's are for two weeks, Tuesday-Friday.

- Session 1: Begins June 14th
- Session 2: Begins June 28th
- Session 3: Begins July 12th
- Session 4: Begins July 26th
- Session 5: Begins August 9th

To enroll email the Lesson's Coordinator.

Name: _____ Address: _____

Email: _____ Member: _____ # Of Participants: _____ Amount Due: _____

Participants Name: _____ Age: _____ Participants Name: _____ Age: _____

Participants Name: _____ Age: _____ Participants Name: _____ Age: _____