

Rick Rodger Community Pool

Private Swim Lessons

Parent Name: _____

Student Name: _____ Gender: _____ Age: _____

Address: _____ City: _____

Phone: _____

Cost

\$60 per week (5 days) 30-minute sessions

Days Preferred

_____ Monday _____ Tuesday _____ Wednesday _____ Thursday _____ Friday

_____ Saturday _____ Sunday _____ Any Day

Times Preferred

_____ 9:00 – 9:30 am _____ 9:30 – 10:00 am _____ 10:00 – 10:30 am _____ 10:30 – 11:00 am

_____ 11:00 – 11:30 am _____ 11:30 am – 12:00 pm _____ 12:00 – 12:30 pm

_____ 5:00 – 5:30 pm _____ 5:30 – 6:00 pm

Lifeguard Preferred: _____

Swim Lesson Checklist – What do you want your child to learn?

- Enter and exit water safety
- Submerge mouth, nose, and eyes
- Exhale underwater, pick up submerged object
- Roll over from front to back and back with support
- Explore swimming on front and back using arm and leg actions with support
- Enter water safely using ladder or side
- Submerge entire head
- Blow bubbles submerging head in rhythmic pattern
- Float on front and back
- Perform front and back glide
- Diving
- Front and back crawl
- Breaststroke
- Butterfly