## 2024 Shorewood Country Club Swim Lessons

Welcome to Shorewood Country Club Swim Lesson Program! This year our four-week program will start July 2nd- July 25th, running every Tuesday and Thursday, with the exception of Tuesday and Wednesday the first week due to Fourth of July. We are offering levels 1-5 that will follow the schedule below. Please see the attached registration form and return it at your earliest convenience to Shorewood Country Club. If you have any questions about the program, please contact AnnMarie Hamlet via email at: amhamleto713@gmail.com.

## 2024 Swim Lesson Time Schedule

\*\*Schedule is subject to change based on class sizes\*\*

11:00-11:30 am	Level 1
11:30-12:00 pm	Level 2
12:00-12:30 pm	Level 3
12:30-1:00 pm	Level 4
1:00-1:30 pm	Level 5

## **Level Descriptions:**

**Level 1**: <u>Preschool ages</u>: Children will learn water safety and swim with assistance to become comfortable in the water.

Level 2: Fundamentals of Aquatics Skills: Children will learn basic aquatic skills

**Level 3**: <u>Stroke Development</u>: Guided practice will show children basic stroke technique

**Level 4**: <u>Stroke Improvement</u>: Children gain confidence in their strokes and work on endurance

**Level 5**: <u>Stroke Refinement</u>: Stroke technique and endurance to encourage efficient swimmers

**Intro to Lifesaving:** This is a new level to offer to swimmers that have completed Level 6 and may be interested in Lifeguarding. This is not a lifeguard certification course. Students will be introduced to lifesaving skills and water safety.

## 2023 Shorewood Country Club Swimming Lesson Registration Form

Name of Child(ren)			Age	Preferred Level	
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Parent Name:			Phone Number:		
Member Price: \$50 per child				Guest Price: \$75 per child	
Form of Payment:	Cash	Check	Member Charge		
				Member Number	
Parent Signature: _				Date:	

Please return the enclosed form with payment to Shorewood Country Club at your earliest convenience.

Thank you!