



SWIM LESSONS 2017



The Langford Farms Club offers both private and semi-private swim lessons for children ages 4 and up, teens and adults. Lessons are taught by our Certified WSI Instructors. For children interested in progressing to a more competitive swimming level, swim lessons are a good way to prepare as we will teach the fundamentals of the swim strokes required. Participants of the Hurricane Swim Team must be able to swim a length of the pool unaided.

Swim Levels:

Pre-Swimmer:

Cannot float and may be afraid of water

Objective: Overcome fear of water, learn about pool safety, begin to float and have fun

Beginner Swimmer:

Can float on belly and/or back, put face in water, and may have some ability to make forward progress

Objective: Learn about pool safety, improve floating skills, and begin to learn basic freestyle and/or backstroke

Advanced Beginner:

Can float on belly and back, can move forward, and knows some mechanics of freestyle and/or backstroke

Objective: Improve freestyle and backstroke, learn breaststroke and butterfly

Intermediate Swimmer:

Any age swimmer who has knowledge of all or most strokes and would like to improve their swimming skills and/or address specific stroke issues or goals

Objective: Enhance stroke technique, learn racing dives and flip turns, improve breaststroke and butterfly

Lesson Options:

Private:

6 x 30 minutes \$130 member \$175 non-member
4 x 45 minutes \$130 member \$175 non-member
3 x 60 minutes \$130 member \$175 non-member
1 x 30 minutes \$25 member

Semi-Private: (ie.2 siblings of similar age or ability)

8 x 30 minutes \$100pp member \$150pp non-member
4 x 60 minutes \$100pp member \$150pp non-member

To Register for Swim Lessons:

Please fill out and submit the registration form with your payment. Lessons must be paid in advance of scheduling. Swim lessons will be conducted between the dates of May 30 and July 28. Once the payment and registration has been received, you will be contacted directly by one of our instructors to begin scheduling your lessons. Please indicate the skill level, lesson preference and time preference on the form. We will do our best to accommodate your request.

Cancellation Policy:

If you need to cancel a previously scheduled lesson, please contact your instructor at least 24 hours in advance to reschedule. Cancellations made the day of a lesson, or no shows, will not be rescheduled or refunded.

Lessons will not be rescheduled for weather unless the pool is closed. Your lesson time may be extended if the pool is closed temporarily for passing weather. If in doubt, please contact the club at 615/754-8650.

When arriving for your lesson, please be sure to check in at the front desk.

Days and Times:

Lessons are available Monday through Friday, between the hours of 10:00am and 6:00pm, and possibly Saturday. Sunday lessons are not available.

Please Note: Lessons will take place during regular pool hours and will be held in a single lane line that will be reserved for lessons.



2017 SWIM LESSON REGISTRATION FORM



Swimmer's Name _____ Birthdate ___/___/___ Age _____ Sex M / F

Swimmer's Name _____ Birthdate ___/___/___ Age _____ Sex M / F

Parent Name _____ Email _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

LFC Member: Y / N Summer Camper: Y / N

Please select from the following:

| Skill Level <small>(Please see other side for details)</small> | Lesson Options <small>(Private)</small> | Cost | | Time Preference | Day Preferences |
|---|--|-------------------------------|-------------------------------|---|---------------------------------|
| | | Member | Non-Member | | |
| <input type="radio"/> Pre-Swimmer | <input type="radio"/> 6 x 30 minutes | <input type="radio"/> \$130 | <input type="radio"/> \$175 | <input type="radio"/> 10:00am – 12:00pm | <input type="radio"/> Monday |
| <input type="radio"/> Beginner | <input type="radio"/> 4 x 45 minutes | <input type="radio"/> \$130 | <input type="radio"/> \$175 | <input type="radio"/> 12:00pm – 3:00pm | <input type="radio"/> Tuesday |
| <input type="radio"/> Advanced Beginner | <input type="radio"/> 3 x 60 minutes | <input type="radio"/> \$130 | <input type="radio"/> \$175 | <input type="radio"/> 3:00pm – 6:00pm | <input type="radio"/> Wednesday |
| <input type="radio"/> Intermediate | <input type="radio"/> 1 x 30 minutes | <input type="radio"/> \$25 | | <input type="radio"/> Any Time | <input type="radio"/> Thursday |
| | *(Semi-Private) | | | | <input type="radio"/> Friday |
| | <input type="radio"/> 8 x 30 minutes | <input type="radio"/> \$100pp | <input type="radio"/> \$150pp | | <input type="radio"/> Saturday |
| | <input type="radio"/> 4 x 60 minutes | <input type="radio"/> \$100pp | <input type="radio"/> \$150pp | | |

***Semi-Private: Refers to 2 siblings of similar age and ability, or 2 friends or similar age and ability**

Amount Due: \$ _____

Payment:

Credit Card # _____

Name on Card _____

Expiration Date _____ CVV # _____

Once payment has been received we will forward your contact information to the instructor who will communicate with you directly to set up a schedule. We accept payment via cash, check or credit card. Checks can be made out to the Langford Farms Club.

Participation Waiver:

I hereby grant permission for the above named person to participate in all registered activities, and absolve the Langford Farms Club and its personnel from any liability for injury or loss sustained by said person while engaged in such activity. I authorize the Langford Farms Club to provide emergency First Aid and/or medical care at my expense.

Signature of Parent or Guardian

Date