

Greystone Swim Lessons

Aquatics Director: Torry Breehl

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Sessions will run every day from Monday-Friday, for one week. To register, please fill out a registration form and return it to the Aquatics Director.

Prices: \$100/member or \$125/non-member

**** Registration Deadlines:**

Session One: June 2nd, 2023

Session Two: June 9th, 2023

Session Three: June 30th, 2023

Session Four: July 7th, 2023

*** Registrations need to be in on time so the instructors are prepared and are aware of how many students will be in their class. Please return forms in a timely manner. If no students are registered for a class, the class will be cancelled for the session and no instructor will be provided to teach on the starting day. Thank you for understanding. ***

Sessions:

June 12th, 2023 - June 16th, 2023

June 19th, 2023 - June 23rd, 2023

July 10th, 2023 - July 14th, 2023

July 17th, 2023 - July 21st, 2023

Classes:

➤ **Parent and Child Classes**

○ **Ages 6months-18months:**

This class is to familiarize children with water and help teach parents techniques they can use in their everyday life to help acclimate their children to water. This class also teaches parents water safety topics all while having fun and playing activities. We sing and play and always have fun. Some Goals are to learn to blow bubbles, learn to ask permission before entering the water, explore floating, and submersion.

○ **Ages 18months-3 years old:**

This class is similar, but we want to add onto the skills we have already learned. We still sing, play, and have fun, but we are trying to understand the importance of adult supervision around the water. We learn ways to enter and exit the pool and we start to work on a basic stroke. We begin to turn away from mom & dad, so we can start to work with an instructor instead.

➤ ***** Learn-to-Swim Classes:**

***** These classes will be split into age groups as well. There will be a Level 1-3 for ages 3-5 years old (Preschool) and then Level 1-3 for ages 6+ (School Age). The classes are the same, but the children will be in a class with kids their age and the skill is broken down into terms they will understand. *****



- **Level One:**
This class is focusing on learning the two basic strokes, front crawl, and back crawl. Now that kids are comfortable in the water, we are working on blowing our bubbles while performing our stroke (rotary breathing). We also focus on the kids submerging themselves. To pass this class and move to the next level, they must be able to submerge themselves, float on their back for five seconds, and be able to glide at least two body lengths (push off instructor and make it to the wall).
- **Level Two:**
We are working on the same skills as Level One, but we are trying to use the skills for an extended amount of time. We will swim a further length and float longer. Everything is still done with the help of the instructor, but the child is working on stamina and endurance. To pass this class, the child must be able to glide on front and back, float on their back for 15 seconds, and swim on front for at least 3 body lengths. They should be able to swim on their own by the end of class. It doesn't have to be the length of the pool, but they must be able to perform the tasks independently to be able to participate in Level Three.
- **Level Three:**
In this level, children perform the skills independently without assistance. The instructor will help guide and refine the strokes, but they will no longer be supporting the children. In this level the child will learn to stabilize their body while performing the skills they have already learned. They will improve the control of their body. We will start to learn the frog kick and breaststroke near the end of the session. The Child should be able to tread water for 15 seconds, swim on their front for the length of half the pool and be able to transition to a standing position from floating all on their own. This class is important for anyone considering swim team.

Weather Policy: In the case of cold temperatures, heavy wind/rain, or thunder/lightning, lessons will be cancelled. Parents will be notified as soon as possible, and we will make the decision in a timely manner.

Class Sizing: Parent/Child classes will be set up to have a minimum of three participants and a maximum of 10 participants. All Learn-to-Swim classes will be set up to have a minimum of two participants and a maximum of 6 participants. If a class exceeds these counts, the class will have a second teacher to adhere to the student/teacher ratio or a second class will be created to accommodate.

Lessons will be given through a Lesson Plan. Attendance will be taken for all kids and skills will be checked off as the lessons proceed. All kids will receive a completion card at the end of the session that will give the parent feedback as to which skills need improvement and which skills are complete. This can be used to help decide the next session.



Swim Lessons Registration Form

Contact Information

Parents Name: _____ Member #: _____

Contact Number: _____ Email: _____

Child's Name: _____ Age: _____ Gender: _____

Session Dates

Which Sessions would you like to attend?

- June 12th – June 16th 2023 (Monday-Friday)
- June 19th – June 23rd 2023 (Monday-Friday)
- July 10th – July 14th 2023 (Monday-Friday)
- July 17th – July 21st 2023 (Monday-Friday)

Classes Offered

Which Classes would you like to take? Please check off which class you would like your child to partake in.

Time	Class		Location	Your Choice
9:00a – 9:45a	Level 1 Preschool Age	Level 2 School Age	Adult Pool	
9:55a – 10:40a	Level 2 Preschool Age	Level 3 Preschool Age	Adult Pool	
10:50a – 11:30a	Level 1 School Age	Level 3 School Age	Adult Pool	

Additional Information: _____



Emergency Medical

Pertinent Medical Information: _____

Allergies: _____ Epi-Pen Needed: Yes No

Emergency Contact Name: _____

Emergency Contact Number: _____

I, the undersigned, assume full responsibility for any injury or accident that may occur during my time or my children's time at the Greystone Golf & Country Club premises & facilities; I hereby hold harmless Greystone Golf & Country Club from any and all injury or damage, whether it is caused by negligence of any of the foregoing or their agents, employees, or otherwise.

Parent Signature: _____ Date: _____

GREYSTONE GOLF & COUNTRY CLUB

(205) 980-5200 www.greystoneecc.com

