



# Swim Lessons 2008

Wintergreen Resort will offer group and individual and private swim lessons for children taught by experienced swim professionals. Lessons are available @ the Wintergarden Aquatics & Fitness Center 7 days a week between 9am and noon from June 16<sup>th</sup> through July 26<sup>th</sup> for more information please call (434)325-8182.

### Level 1

#### Water Exploration

Students will develop safe practices around water. Instruction will include self-confidence, and introductory swimming skills.  
June 16<sup>th</sup> -20<sup>th</sup>, June 30<sup>th</sup> -July 4<sup>th</sup>, July 14<sup>th</sup> -18<sup>th</sup>

### Level 2

#### Primary Skills

This level marks the beginning of basic locomotion and stroke development.  
June 16<sup>th</sup> -20<sup>th</sup>, June 30<sup>th</sup> -July 4<sup>th</sup>, July 14<sup>th</sup> -18<sup>th</sup>

### Level 3

#### Stroke Readiness

Students will concentrate on front and back crawl, elementary backstroke, and treading water.  
June 23<sup>rd</sup> -27<sup>th</sup>, July 7<sup>th</sup> -11<sup>th</sup>, July 21<sup>st</sup> -July 25<sup>th</sup>

### Level 4

#### Stroke Development

Endurance practice in strokes and an introduction to open turns, butterfly, and Basic life-saving skills.  
June 23<sup>rd</sup> -27<sup>th</sup>, July 7<sup>th</sup> -11<sup>th</sup>, July 21<sup>st</sup> -July 25<sup>th</sup>

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### **Group Session**

( Five 60 minute sessions)  
Group sessions will run from Monday - Friday  
Each week from June 16 -July 25<sup>th</sup>  
**\$50.00 per student**

### **Private Session**

(One 45 minute private session)  
**\$20 per student**

### **Registration/ Refund/ Cancellation Policies**

- Please register for classes in advance to insure adequate student/teacher ratio.
- No refunds after sessions begin.
- Do to unpredictable weather and cold water conditions classes may be cancelled on short notice. If question arise please call (434) 325- 8280 a least one hour before scheduled class.
- All lessons are made by appointment only. Please call (434)325-8280 to schedule. Pool location may vary.

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### Swim Lesson Registration

Guardians Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Age \_\_\_\_\_ Taken Swim lessons before? YES NO

My child was previously enrolled at \_\_\_\_\_ Date \_\_\_\_\_