

## Times of Lessons

Our group lessons are offered in 45 minute sessions. Private lessons are 25 minutes long. Morning and afternoon time slots are available.

### Morning Lessons

Mon.-Fri.

9:00-9:45 AM

10:00-10:45 AM



### Afternoon Lessons Mon. Wed.

Thur. Tue. & Fri.

3:00-3:45 PM

3:00-3:45 PM

4:00-4:45 PM

4:00-4:45 PM

5:00-5:45 PM

5:00-5:45 PM

6:00-6:45 PM

7:00-7:45 PM

The Green Valley Lifeguards look forward to working with you and your children this summer!

Any questions or need more information? Email us at [greenvalleypool@comcast.net](mailto:greenvalleypool@comcast.net) or call Green Valley Pool at 717-764-2037

Registration forms can be printed offline at [greenvalleyswimmingpool.com](http://greenvalleyswimmingpool.com) under the Swim Lesson tab.

## Pricing

### Group Lesson Pricing

45-minute group lessons

**Pool Members:** \$8.50/lesson or \$80 for 10 lessons  
**Non-Members:** \$11.00/lesson or \$100 for 10 lessons

### Private Lesson Pricing

25-minute private lessons

**Pool Members:** \$14.50/lesson or \$135 for 10 lessons  
**Non-Members:** \$19.00/lesson or \$180 for 10 lessons

- Lessons will be scheduled as soon as possible once your sign-up sheet is received.
- You may choose the number of lessons your child receives.
- You will be contacted with potential dates and times (via email).
- Payment is required when at the time of registration. Make checks payable to **Emily Spaulding**.
- Registration forms should be mailed in or dropped off at the front desk.

# Swim Lessons

## Taught by GVP

## Lifeguards

Green Valley Pool

June 19<sup>th</sup> - August 11<sup>th</sup>



Lessons will focus on survival skills and techniques based on the child's swimming ability. Our classes are made to cater the various needs of our valued members and friends. All lessons will be taught by the Green Valley Staff who are WSI (Water Safety Instructors) certified. Our goal is to make swimming easy and enjoyable for you and your child!

## Lesson Categories

**Private Lessons:** Private lessons consist of one on one instruction. They are 25 minutes long.

**Group Lessons:** Group lessons are held in groups of five or less students. Group lessons have many positive aspects including social interaction among peers and healthy competition. Our small group set up promotes an interactive learning environment where students not only learn from the instructor but from their peers as well. These lessons are 45 minutes long.

### **Please Note:**

If the scheduled group lesson only consists of 2 children or only 2 of the children show up, the 45-minute group lesson will be cut down to 35 minutes.



## **Beginner Lessons (A/B)**

Beginner swim lessons focus on survival skills and getting your child to feel more comfortable in the water. Classes will cover an introduction to freestyle and backstroke, floating, and swimming underwater. The main objective of beginner lessons is to make the child more at ease in the water and to give them confidence in swimming without flotation devices. The minimum age is 3 years and children are grouped by age. The A group is typically ages 3-4 years old and B is approximately 5-6 years old.

\*Available in Private or Group lessons

## **Technique/Stroke Clinic**

Technique lessons are the next step up from beginner lessons. In this class, students will focus on the techniques involved with each swim stroke. This includes a more in depth instruction in freestyle and backstroke. Students will also be introduced to the breaststroke. Other goals include building endurance in the water, swimming in deep water, and basic diving.

\*Available in Private or Group lessons

## **Speed/Competition**

Speed and Competition Clinic is a program that will focus on technique to enhance swimming ability and speed. This will be a great course for children interested in boosting their endurance in the water and overall swimming skills. Participants should be able to demonstrate strength in freestyle, backstroke, and breast stroke in order to enroll in this program. These classes will be scheduled based on number of students interested. They will be taught by the lifeguards that swim at a competitive level in high school. Minimum age 7 years old.

\*Available in Private or Group lessons

## **Mommy and Me Classes**

Mommy and Me Classes are another option in our 2017 swim program. Both the parent and child are involved in the swim lesson with this program. Many children feel more at ease with a parent figure close at hand. This is also an excellent opportunity for parents to observe and interact with the learning process. Minimum age is 18 months.

\*Available in Private or Group lessons