

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.

3:00-3:45 PM

4:00-4:45 PM

5:00-5:45 PM

6:00-6:45 PM

7:00-7:45 PM

Tues. & Fri.

3:00-3:45 PM

4:00-4:45 PM

5:00-5:45 PM

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

If you have any questions or need more information, contact us by email at greenvalleypool@comcast.net or call Green Valley Pool - 764-2037

Registration Forms can be printed off line at Greenvalleyswimmingpool.com under the swim lesson tab

Pricing

Group Lesson Pricing

45 minute group lessons

Pool Members: \$8 per lesson or 10 for \$75

Non Members: \$10 per lesson or 10 for \$95

Private Lesson Pricing

25 minute private lessons

Pool Members: \$14 per lesson or 10 for \$130

Non Members: \$18 per lesson or 10 for \$170

- 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. **Checks should be made payable to Allison Jacobs.**
- Registration forms should be mailed in or dropped off at the front desk.

Swim Lessons

taught by GVP lifeguards

Green Valley Pool
Starting June 25th



Lessons will focus on survival skills and technique 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 and 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.

Beginner Lessons

Beginning swimmer 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. Minimum age 3 yrs

Available in Private or Group lessons

Lesson Categories

Technique/Stroke Clinique

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 back stroke. As well, students will be introduced to the breast stroke. Other goals include building endurance in the water, swimming in deep water, and basic diving. Minimum age 5 yrs

Available in Private or Group lessons



Lesson Categories

Speed/Competition

Speed and Competition Clinique 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 yrs

Available in Private or Group lessons

Mommy and Me Classes

Mommy and Me Classes are another option in our 2012 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 18 months

Available in Private or Group lessons