



Swim Lessons

Lake Linganore in conjunction with High Sierra Pools is offering swimming lessons this summer. If you are interested in having your child participate, please visit our website www.highsierrapools.com for more information and online registration or you can send an email to lessons@highsierrapools.com or call our office at 703-920-1750.

General Information

Each session is composed of eight lessons taught over two weeks; Monday through Thursday, with Fridays reserved as make-up days. Each lesson lasts 30 minutes. All children must be at least 3 years old to enrol in any swimming lesson.

HSP offers the following types of lessons each session:

GROUP LESSONS - There is a minimum of four children needed in order to organize a group and run group lessons. The maximum number of children per group is seven. The cost is **\$80** per child.

SEMI-PRIVATE LESSONS - Semi-private lessons are offered for two students in a group. These groups must be pre-arranged, unfortunately, High Sierra Pools cannot organize these groups. The cost is **\$140** per person.

PRIVATE LESSONS – One-on-one lessons for a single student. The cost is \$280 per person (Children above 3 years old and adults are welcome).

The deadline for signing up is one week before the start date of the session. Payment will also be due by that time. A \$15 late fee will be added for registration made after due date.

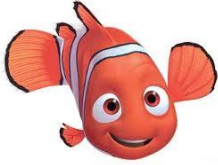
Swim Lessons Schedule – Coldstream Pool

Number of session	week 1	week 2	Make-up days
SESSION 1	6/25/2018 - 6/28/2018	7/2/2018 - 7/6/2018	29-Jun; 7-Jul
SESSION 2	7/9/2018 - 7/12/2018	7/16/2018 - 7/19/2018	14-Jul; 21-Jul
SESSION 3	7/23/2016 - 7/26/2018	7/30/2016 - 8/2/2018	27-Jul; 3-Aug
SESSION 4	8/6/2016 - 8/9/2018	8/13/2016 - 8/16/2018	10-Aug; 17-Aug

*No lessons on July 4th, the lessons will be held on July 6th instead

Time	Levels
9:00 AM – 9:30 AM	Dolphins / Sharks / Private
9:30 AM – 10:00 AM	Dolphins / Sea Turtles / Semi-private
10:00 AM – 10:30 AM	Nemos / Sea Turtles / Private
10:30 AM – 11:00 AM	Nemos / Sea Turtles / Semi-private

Level Description



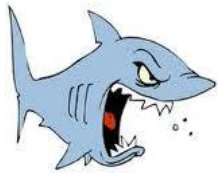
Nemos: This beginning level for children teaches them to be comfortable and safe in the water. Instructors will focus on introducing children to the water and improving their safety and comfort in the swimming pool. The class will feature activities such as: face in the water, wet the hair, submerging, opening eyes, front glide, back glide, breath control, moving around comfortably, blowing bubbles and having fun in the class with aquatic recreation, gaining confidence and interest in swimming. We highly recommend this level for children who have never taken lessons, preferably children between 3 and 5 years old.



Sea Turtles: This level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for strokes. This class will introduce exercises in the water such as: arm movement, body position, leg movement, floating and blowing bubbles, all connected with free style and backstroke. This level is recommended for children that are confident in the water but never had lessons, or children that have taken and passed Nemos level.



Dolphins: Students who successfully complete this level will be comfortable swimming in deep water, be proficient in front crawl, back crawl, breast stroke. They will be able to swim 50 yards with each of the strokes. This group is for children that are confident in the water and know the basic swimming skills of free style and backstroke. At this level the arm position, legs exercises, breathing, turns, tread water and diving will be practiced. Butterfly will be introduced in this class. The focus of this group is for children that already know basic skills of freestyle and backstroke or for children that passed the Sea Turtles level.



Sharks: The goal for sharks is to make the students comfortable swimming and practicing in deep water and to make major improvements to rotary breathing with front crawl, demonstrate some proficiency in the other strokes being introduced and begin to develop endurance by increasing distances they can swim. At this class the swimmers will improve the quality of their movement in the backstroke, freestyle, breaststroke and butterfly. The correct diving position will also be an important skill learned in the class. This class is recommended for children that successfully finished Dolphins level or children with previous swimming experience.