## Swim Team & Swim Prep

#### <u>Swim Team</u>

Session 7: Dates: September 24<sup>th</sup>-October 17<sup>th</sup> Days: T,W,TH Time: 5-6pm Location: Avon Rec. Center Session 8: Dates: October 22<sup>nd</sup>-November 14<sup>th</sup> Days: T,W,TH Time: 5-6pm Location: Avon Rec. Center Sign up for sessions 7 & 8 cost: \$160 Sign up for one session cost: \$90

#### 2014 Session Dates

Session 2 Dates: April 21-May 17<sup>th</sup> Days: T,W,TH Time: 5-6pm Location: Avon Rec. Center Cost: \$90 Session 3 Dates: May 19-June 14<sup>th</sup> Days: M,T,W,TH Time: 4-5pm Yellow group5-6pm Blue Group Location: Avon Rec. Center Cost: \$110

#### Summer Session

Dates: June 16<sup>th</sup>-Aug. 9<sup>th</sup> Days: M,T,W,TH,F AM, T,TH PM Time: 7:45-9:00am Blue Group 9:00am-10am Yellow Group T,TH 5pm-6pm All levels

#### <u>USA Club Swim Team</u>

Dates: April 21<sup>st</sup>-Aug. 9<sup>th</sup> 4 months \*April 21-May 17<sup>th</sup> T,W,TH Time: 5-6pm \*May 19-June 14thM,T,W,TH Time: 4:30pm-6pm \*June 16<sup>th</sup>-Aug. 9<sup>th</sup> M,T,W,TH,F Time: 7:45am-10am, T,TH 5-6pm



## <u>Swim Team</u>

#### Yellow Group

This group provides a concrete foundation for entry-level swimmers, who are able to swim 25 yards in two of the four competitive strokes. The focus in all sessions is on stroke technique and overall skill development of the four competitive strokes, along with starts, turns, and finishes.

#### Vail Hurricanes Blue Group/ USA Swim League

This group is for swimmers who have good consistency in all four strokes and

a desire to improve these skills. At this level we will continue to emphasize the proper technique for all four strokes as well as

putting together a training program meant to assist swimmers in speed, turns and conditioning.

#### Swim Team Prep

**NEW!** Form your own swim team prep group. Call the office for details 970-390-3068

**Prep :** This class is smaller in size and is designed to help get students prepared to join swim team. Students must be able to swim one length of the pool to join.

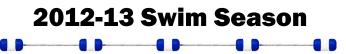
Session 7:

Dates: September 24<sup>th</sup>-October 17<sup>th</sup> Days: T,W,TH Time 6pm-6:20pm Location: Avon Rec. Center <u>Session 8:</u> Dates: October 22<sup>nd</sup>-November 14<sup>th</sup> Days: T,W,TH Time: 6-6:20pm Location: Avon Rec. Center

# Vail Swim School

## Swimming lessons are a gift for life.







PO Box 1359 Avon, CO 81620 970-390-3068 www.vailswimschool.com info@vailswimschool.com





Learning to swim and being pool safe is not optional for children. At Vail Swim School we take this seriously and are here to teach your child how to swim, enjoy the water, and make good decisions around the water. Swimming is a skill that can only be learned by active participation.

Vail Swim School specializes in personalized swim instruction. Classes can be tailored to fit your busy schedule. Private instruction, one teacher to one student, provides the optimal environment for learning. All ages and swim levels are welcome.

We specialize in working with children and adults who are fearful, and through lessons turn fear into fun swimming. Skills are taught using simple proven progressions and introduced



## Parent & Me Baby Classes: Cost: \$50 once a week for 4 week session Call office for details 970-390-3068

**Private Baby Classes:** Using the swim, float, swim method. Since infants & some toddlers can't raise their heads to take a breath they are taught to roll onto their back to float, relax and breathe.

## Baby Private 6mon-2 yrs.

4 week sessions Twelve 10 minute lessons \$180.



Choose a session and a 20 minute time slot from the dates below. You have the option to come once a week or several times a week as your schedule permits. **Please call office at 970-390-3068 or email to register.** 

Session 7	
~ Sept. 24 <sup>th</sup> -Oct.17 <sup>th</sup>	Session 2
Session 8	~April 21-May 17 <sup>th</sup>
$\sim$ Oct. 22 <sup>nd</sup> -Nov. 14 <sup>th</sup>	Session 3
Session 2014	~May 19-June 14 <sup>th</sup>
	Session 4
Session 1	$\sim$ June 16 <sup>th</sup> - July 12 <sup>th</sup>
~March 3 <sup>rd</sup> -March 29 <sup>th</sup>	Session 5

Private Lessons: One on one with the instructor.

## Private Lessons

4 week sessions Once a week 20 minute lessons \$120 Twice a week 20 minute lessons \$240 (For new students we recommend twice a week for maximum results.)

**Semi-Private:** Swim with a friend! Find a friend to join you in lessons. Watch your friendship grow as your swimming skills grow.

## Semi-Private Lessons

4 week sessions Once a week: 20 minute lessons \$80 Twice a week: 20 minute lessons \$160

Adult Swim Instruction : Class or private instruction.

#### Adult Private Lessons 4 week sessions

Call for other stroke improvement options. Once a week 20 minute lessons \$120 Once a week 60 minute lesson \$240



## Registration Fee

A \$15.00 non-refundable registration fee per family will be added to the cost of the first session in each calendar year.

## <u>Payment</u>

Full payment must be received within 72 hours to hold the lesson. Please mail registration form and checks to Theresa Scala PO Box 1359, Avon, CO 81620.

## <u>Refunds</u>

No refunds will be given. Once we have reserved a time slot for you, that spot is considered "sold" and is no longer marketable. **Please feel free to give your child's time slot to a family member or friend.** It is your paid slot.

## Student Absences

We will make every effort to handle fairly absences due to a child's serious illness. **Please feel free to give your child's time slot to a family member or friend**. WE NOW allow one make per session. The make-up must be completed within the same session. We can't guarantee you will have the same instructor.

