

Swim Team & Swim Prep

Swim Team

Session 7:

Dates: September 24th-October 17th

Days: T,W,TH

Time: 5-6pm

Location: Avon Rec. Center

Session 8:

Dates: October 22nd-November 14th

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 17th

Days: T,W,TH

Time: 5-6pm

Location: Avon Rec. Center

Cost: \$90

Session 3

Dates: May 19-June 14th

Days: M,T,W,TH

Time: 4-5pm Yellow group 5-6pm Blue Group

Location: Avon Rec. Center

Cost: \$110

Summer Session

Dates: June 16th-Aug. 9th

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

USA Club Swim Team

Dates: April 21st-Aug. 9th 4 months

*April 21-May 17th T,W,TH

Time: 5-6pm

*May 19-June 14th M,T,W,TH

Time: 4:30pm-6pm

*June 16th-Aug. 9th M,T,W,TH,F

Time: 7:45am-10am, T,TH 5-6pm

Swim Team & Swim Prep

Swim Team

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 24th-October 17th

Days: T,W,TH

Time 6pm-6:20pm

Location: Avon Rec. Center

Session 8:

Dates: October 22nd-November 14th

Days: T,W,TH

Time: 6-6:20pm

Location: Avon Rec. Center

Vail Swim School

Swimming lessons are a gift for life.



2012-13 Swim Season

Vail Swim Team

Vail Hurricanes
Swim Team



Vail, CO

PO Box 1359 Avon, CO 81620

970-390-3068

www.vailswimschool.com

info@vailswimschool.com

Philosophy

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

Baby Swim Lessons

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.

Swim Lessons Schedule

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. 24th-Oct.17th

Session 8

~Oct. 22nd-Nov. 14th

Session 2014

Session 1

~March 3rd-March 29th

Session 2

~April 21-May 17th

Session 3

~May 19-June 14th

Session 4

~June 16th- July 12th

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

Policies

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.

Payment

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.

Refunds

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.

