

# INVERNESS RECREATION CLUB 2019 GROUP LESSON REGISTRATION

## **Group Lessons**

Group lessons are directed by Coaches Laura Sneller and Daniel Nusraty along with other Nessie swim coaches and swim instructors each lesson. Swimmers will be divided into small groups based on ability. Total of nine lessons over a five week period. See below for dates, times, and makeup policy. Contact is [grouplessons@invernessrecreationclub.org](mailto:grouplessons@invernessrecreationclub.org).

Cost: \$120 per child for the 9 lesson package.

Lesson Time and Dates: 6:50-7:20 (Tuesday/Thursday): 6/11, 6/13, 6/18, 6/20, 6/25, 6/27, 7/2, 7/9, 7/11, 7/16 (makeup day)

9 lessons total, 7/16 will be a makeup day if we have inclement weather during the session, and pool is closed. If have no inclement weather nights we will play games and hand out certificates and popsicles on 7/11. In the event that we have inclement weather on more than one night, we will do our best to reschedule the lesson after 7/11. There is no class on 7/4 for the July 4th holiday.

The first lesson on 6/11 will be an evaluation to determine which level is most appropriate for your child.

Private lessons are also available:

Contact Coach Brian at [swimlessons@invernessrecreationclub.org](mailto:swimlessons@invernessrecreationclub.org)

1 child: \$30 per 1/2 hour, 2 children: \$40 per 1/2 hour, 3 or more children: \$15 per child per 1/2 hour \*\*4 lessons for \$100 if you prepay and schedule them within a 4 week period\*\*\*

## Swim Lesson Levels

(All groups must have a minimum of 3 students enrolled. We will combine levels if need be to make sure we can have classes. Get your friends to sign up!)

### **Level 4**

For younger swim team members, or swimmers who could be on the team, but have too many scheduling conflicts. More individualized, in water, work on their strokes in a smaller setting. Must be 10 and under.

### **Level 3**

Must be able to float and swim through the water on their stomach for 5-10 yards. They must also be comfortable in deep water. The emphasis in this level is on improved freestyle movements, body position, and beginning to work on back stroke.

### **Level 2**

Must be able to comfortably submerge their heads, and float independently. Emphasis is on proper body position while kicking on both back and stomach, and basic freestyle and breast stroke arm movements.

**Level 1**

Little to no experience in the water. They may still have some fear of the water, but must participate without a parent. The emphasis is on body position, kicking, floating, and feeling comfortable putting their heads under the water.

**INVERNESS RECREATION CLUB**

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Registration Information (Please Print)

Parent Name (Last, First): \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail address : \_\_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_ Level \_\_\_\_ (see below, parent to provide initial level if possible)

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**Acceptance/Waiver**

As the parent or legal guardian of the child(ren) being registered for the Inverness Recreation Club Group Swimming Lessons, I represent to Inverness Recreation Club, Georgetown Aquatics, and their respective contractors, agents, and board members (together, the "Swim Club") that my child(ren) is/are in good health and has/ve no medical or other conditions that would prevent him/her/them from participating or result in injury or harm from participating in swimming lessons. In consideration of receipt of swimming lessons for my child(ren), I hereby release and agree to indemnify and hold harmless the Swim Team from any liability, loss, cost, claim, or damage that may result to the Swim Club as a result of or arising out of my child(ren)'s participation in swimming lessons. I also agree that my child(ren) may be filmed or photographed and that photos or videos of my child(ren) may be in Swim Club promotional materials and on the Swim Club's website.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_