



Summer Swim Instruction



All swim instruction is given at the West Course. To register, contact Betty Smith at 770-475-2300 ext 106 or email betty.smith@alpharettaac.com. Forms are available in the member section of the club website. Classes are \$150 per session, per child.

SESSIONS

Swim lessons are offered either on Saturday mornings or during the week, twice a week. Weekday classes are Monday & Wednesday or Tuesday & Thursday July 7 thru July 31; or 8 weeks of Saturdays from June 7 thru August 2.

Private lessons are also available. Times are made on an individual basis.

INSTRUCTION

Designed for swimmers of all ages whether beginner, intermediate or advanced. Lessons include:

- Water Safety & Adjustment
- Major Stroke Development & Breathing Technique
- Turns & Starts for Advanced Swimmers



LEVELS AND TIMES

Nine levels of swim instruction for swimmers ages 12 months to adult. Visit the member section of the AAC website, www.alpharettaac.com, for a description of each class level.

- Adult Lap Swim: 7:15am-7:45am, Ages 16 and above
Lap swim available daily from 11:30am - 8pm
- 8:30am-9:15am Levels 1 to 3 and Level 5
- 9:30am-10:15am Level 4, Level 5-6 and Levels 7-8
- 10:30am-11:15am Levels 1 to 3, Level 4 and Level 7-8

Class times may be adjusted depending on final class size registration. Class sizes are limited to 6 swimmers for levels 1-4 and 8 swimmers for levels 5-adult.



SummerSwim Registration

All swim instruction is given at the West Course. Testing for accurate placement will be held at the beginning of each session. Instructors will make recommendations for follow up levels at the end of each session. There will be no charge for moving to a more accurate skill level class within a session.

**Swim classes may be charged to member accounts. Cost per class is \$150. Make checks payable to: AAC Swim and return to Betty Smith, c/o AAC East 3430 Hwy Nine, Alpharetta, GA 30004. For additional information contact Betty at 770-475-2300 ext 106 or email betty.smith@alpharettaac.com.

SWIMMER INFORMATION (PLEASE PRINT)

Swimmer Name _____ Age _____

AAC # _____ Parent Name _____

Email Address _____

Mom's Cell Number _____

Dad/s Cell Number _____



GENERAL CLASS DESCRIPTION AND SELECTION

___ LEVEL 1: TADPOLES This child has little or no experience in the pool surrounding. Parent swims with child. Ages 12-18months. Basic water safety and relaxation are key points. Times: 8:30-9:15am or 10:30-11:15am. Class size: 4

___ LEVEL 2: MINNOWS For toddlers that have some comfort level in the water. Parent swims with child. Ages 18-36 months. Swimming readiness and breath control is emphasis. Times: 8:30-9:15am or 10:30-11:15am. Class size: 4

___ LEVEL 3: GUPPIES For toddlers that have some comfort level in the water. Parent swims with child. Ages 24-47 months. Swimming readiness and breath control is emphasis. Times: 8:30-9:15am or 10:30-11:15am. Class size: 4

___ LEVEL 4: LITTLE NEMO Class designed for first time swimmers learning to swim independently. Ages 4yrs and older covering water exploration and FUNDamental swimming skills. Times: 9:30-10:15am or 10:30-11:15am. Class size: 8

___ LEVEL 5: GOLDFISH For junior swimmers learning to master the concepts of freestyle and elementary backstroke. Ages 4yrs and older. Times: 8:30-9:15am or 9:30-10:15am. Class size: 8

___ LEVEL 6: EELS Emphasis on making child a more efficient swimmer focusing on mastering freestyle and backstroke, and introduces the breaststroke. Ages 4yrs and older. Times: 8:30-9:15am or 9:30-10:15am. Class size: 8

___ LEVEL 7: SHARKS Child works on developing rhythmic breathing for freestyle, and stronger stroke mechanics for backstroke and breaststroke. Ages 4yrs and older. Times: 9:30-10:15am or 10:30-11:15am. Class size: 8

___ LEVEL 8: DOLPHINS All components of the 4 major competitive strokes are emphasizes and includes proper starts and turns to increase performance. Ages 4yrs and older. Times: 9:30-10:15am or 10:30-11:15am. Class size: 8

___ ADULT SWIM CLINIC: For those who wish to learn to swim. A beginning level class teaching unassisted modified strokes, water comfort and conditioning. Ages 16 yrs and older. Times: 12:00pm-12:45pm Class size: 12

___ ADULT LAP SWIM: Unsupervised lap swim for adults ages 18 and older. Time: 7:15-7:45am No charge for this session. Class size: open

Weekday Session

___ Monday/Wednesday

___ Tuesday/Thursday

Time: _____

SATURDAY SESSION

Time: _____

PRIVATE LESSONS

Prefered Time: _____

Prefered Day/s: _____