

# 2018 Golden Hills Swim Lessons

Swimmer's Name (s): \_\_\_\_\_

Age (s): \_\_\_\_\_

**Ability Level** (please check one) If multiple swimmers, please place each swimmer's first initial next to their level.

- Beginners (ages 4-6) Swimmers will learn to submerge face, blow bubbles, float on front & back, and kick.
- Advanced Beginner (ages 4-7) Swimmers should already be able to float and will learn to glide with kicking action, plus basic arm and leg techniques for front and back swimming.
- Intermediate (ages 5-8) Lessons will focus on freestyle and backstroke technique, rhythmic breathing, and racing dives.
- Competitive (ages 7+) Swimmers will learn all four competitive strokes, racing dives, turns, and endurance.
- 

**Session Dates** (please mark preferred date & time):

There are 8 lessons in each session. Classes will be held Monday – Thursday. We provide 2 lesson times to ensure a small group size in Sessions 1 – 4. We will do our best to accommodate time preferences. **Please be aware that swimmers may need to be moved to another time slot to work out swim level groupings for any particular session.** If this happens you will be notified 2 days prior to the first session. Classes for Session 5 will be held in the evening from 6:00 – 6:30 pm.

- Session 1: **June 11 – 21**      \_\_\_ 11:00-11:30am -or- \_\_\_ 11:30-12:00
- Session 2: **June 25 – July 6\***      \_\_\_ 11:00-11:30am -or- \_\_\_ 11:30-12:00  
*(\*Class will not be held on 7/4/18; Make-up class will be held 7/6/18)*
- Session 3: **July 9 - July 19**      \_\_\_ 11:00-11:30am -or- \_\_\_ 11:30-12:00
- Session 4: **July 23 – August 2**      \_\_\_ 11:00-11:30am -or- \_\_\_ 11:30-12:00
- Session 5: **July 23 – August 2\***      *\*Evening Session: 6:00 pm - 6:30 pm*
- 

Parent/Legal Guardian Name: \_\_\_\_\_

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

Email: \_\_\_\_\_

**Fees:** Members: \$60 per swimmer / per session  
Non-Members: \$80 per swimmer / per session

Please fill out form completely and **make check payable to Ashley Dunnavant**  
Drop off or mail form and check to: Golden Hills 100 Scotland Dr. Lexington SC 29072  
Questions? email: ashleydunnavant@hotmail.com or call: (803) 730-6973