

2023 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 3-6) 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.
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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 all sessions. 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.

- Session 1: **June 5 – June 15** ___ 11:00-11:30am -or- ___ 11:30-12:00pm
- Session 2: **June 19 - June 29** ___ 11:00-11:30am -or- ___ 11:30-12:00pm
- Session 3: **July 3 - July 13** ___ 11:00-11:30am -or- ___ 11:30-12:00pm
(Class will not be held on 7/4/23; Make-up class will be held 7/7/23)
- Session 4: **July 3 - July 13*** ___ 6:00-6:30pm -or- ___ 6:30-7:00pm ***Evening Session**
(Class will not be held on 7/4/23; Make-up class will be held 7/7/23)
- Session 5: **July 17- July 27** ___ 11:00-11:30am -or- ___ 11:30-12:00pm
- Session 6: **July 17 - July 27*** ___ 6:00-6:30pm -or- ___ 6:30-7:00pm ***Evening Session**
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Parent/Legal Guardian Name: _____

Phone: _____

Email: _____

Fees: Members: \$80 per swimmer / per session
Non-Members: \$100 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