

GROUP SWIMMING LESSONS

THE STAFF OF PENNYPACKER OFFERS A VERY EXTENSIVE PROGRAM IN SWIMMING INSTRUCTION. THE PROGRAM IS DESIGNED BY PAUL HORNSLETH, HE IS THE CLUB MANAGER AND AQUATIC DIRECTOR AT MALVERN PREP SCHOOL. THE INSTRUCTION PROGRAM IS GEARED TO MAKE THE LEARNING EXPERIENCE POSITIVE.

GROUP LESSONS: THE GROUPS ARE SMALL IN SIZE. THE RATIO IS ABOUT 4 SWIMMERS PER INSTRUCTOR IS IDEAL FOR LEARNING IN A GROUP SETTING. THERE ARE EIGHT 30 MINUTE LESSONS IN EACH SESSION OF LESSONS (MONDAY THRU THURSDAY FOR TWO WEEKS). FRIDAY IS A MAKE-UP DAY, FOR LESSONS CANCELLED DUE TO WEATHER. **CALL 458-5955 IN CASE OF INCLEMENT WEATHER!! THERE ARE NO MAKE-UPS IF THE CLASS WAS NOT CANCELLED. NO EXCEPTIONS!**

THE FEE IS \$55 FOR THE EIGHT LESSONS. CHECKS PAYABLE TO PHornsleth A \$25 DEPOSIT IS REQUIRED WITH THE REGISTRATION FORM.

BALANCE IS DUE AT THE FIRST LESSON!

GROUP LISTS WILL BE POSTED ON BULLETIN BOARD, THREE DAYS PRIOR TO START OF THE SESSION. **IT'S YOUR RESPONSIBILITY TO CHECK ON YOUR ASSIGNED TIME.** THERE MUST BE **THREE STUDENTS REGISTERED** TO SCHEDULE A CLASS. ***WE CANNOT GUARRANTEE THE TIME YOU SELECTED, WE TRY TO ACCOMMODATE AS BEST WE CAN.***

THE INSTRUCTORS WILL MOVE THE SWIMMERS ALONG AT A PACE THAT IS COMFORTABLE FOR THEM. WE TRY TO GROUP ACCORDING TO THE FOLLOWING:

LEVELS:

KINDERCLASS: 5 & UNDER LITTLE OR NO EXPERIENCE

GOALS: COMFORTABLE WITH FACE IN WATER, BLOWING BUBBLES, FLOATING WITH KICK, INTRODUCTION TO USE OF ARMS, BACK FLOATING

BEGINNER: SCHOOL AGE – LITTLE OR NO EXPERIENCE

GOALS: SAME AS KINDERCLASS, BREATHING IF THEIR MOTOR SKILLS ARE READY TO HANDLE THE COORDINATION OF KICK, ARMS & BREATHING

ADVANCED BEGINNER: SCHOOL AGE READY FOR BREATHING

GOALS: TEACH BREATHING SKILLS, IMPROVE TECHNIQUE, INTRO TO BACKSTROKE, SWIMMING LENGTH OF BIG POOL

JUNIOR: SCHOOL AGE 7-10 CAN SWIM 25 FREE (GIVEN ONLY AT 10:00/10:30)

GOALS: IMPROVE TECHNIQUE, ESPECIALLY BREATHING IF WEAK, IMPROVE ENDURANCE, INTRO TO OTHER STROKES. CLASS HELD IN THE AM.

LESSONS WILL BEGIN AT 10:00,11:00,12:00, FOR THE 1ST SESSION JUNE 28th ,3RD SESSION JULY 12th ,5TH SESSION JULY 26th .

LESSONS WILL BEGIN AT 10:30,11:30,12:30 FOR THE 2nd SESSION July 5th , 4TH SESSION JULY 19th , 6th SESSION August 2nd .

ONE WEEK GROUP LESSONS WILL BE AVAILABLE IN AUGUST IF ENOUGH INTEREST.

STARTING DATES WILL CHANGE IF THE WEATHER DOESN'T CO-OPERATE. PLEASE CHECK THE BULLETIN BOARD.

REGISTRATION FORM FOR GROUP LESSONS(RETURN TO POOL OFFICE)

NAME _____ PHONE # _____

ADDRESS _____ AGE _____

DESIRED SESSION _____ LEVEL _____ TIME _____

\$25 DEPOSIT PAYABLE TO PHornsleth

THERE ARE NO MAKE-UPS FOR MISSED LESSONS