GOLDEN HILLS SWIMMING LESSONS
2008 Sessions

Session 1 June 9 – June 19 Monday – Thursday
***Time** (Rank by preference): ___10:30 – 11:00 ___11:00 – 11:30 __11:30 – 12:00
Level (Circle): Beginner Adv. Beginner Intermediate Competitive

Session 2 July 7 – July 17 Monday – Thursday
***Time** (Rank by preference): ___10:30 – 11:00 ___11:00 – 11:30 __11:30 – 12:00
Level (Circle): Beginner Adv. Beginner Intermediate Competitive

Session 3 July 21 – July 31 Monday – Thursday
***Time** (Rank by preference): ___10:30 – 11:00 ___11:00 – 11:30 __11:30 – 12:00
Level (Circle): Beginner Adv. Beginner Intermediate Competitive

*Specific times will be determined at a later date based on number of swimmers signing up for each level.

Classes offered (ages are guidelines only; there will be exceptions):

Beginners Ages 4 – 6
Swimmers will learn to submerge face, blow bubbles, float on front and back, and kick.

Adv. Beginners 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.

Cost: $60 members; 80 non-members /two-week session
Make-up lessons will be offered only in the event of inclement weather.

Private lessons also available – information will be posted at the pool.
Private lesson cost: $20 / half hour

Class sizes are limited! For more information visit our website at GoldenHillsGolf.com or contact **Tracy King at 957-6409** or ghswimming@sc.rr.com

Name_____ **Age**_____ **Phone #**_____

Parent _____ **Mobile #**_____ **E-mail** _____

Golden Hills Member ___Yes ____No If yes, member # (or pool only) _____

To reserve a spot, please include this form with your payment of $60 (members) or $80 (non-members) payable to
Tracy King; 224 Palmer Drive; Lexington, SC 29072.