

2025 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. **We offer only 2 makeup days due to inclement weather. Makeup lessons will be held on Fridays, weather permitting.**

- Session 1: **June 2 – June 12** ___ 11:00-11:30am -or- ___ 11:30-12:00pm
- Session 2: **June 16 - June 26** ___ 11:00-11:30am -or- ___ 11:30-12:00pm
- Session 3: **June 30 - July 10** ___ 11:00-11:30am -or- ___ 11:30-12:00pm
- Session 4: **June 30 - July 10*** ___ 6:00-6:30pm -or- ___ 6:30-7:00pm ***Evening Session**
- Session 5: **July 14- July 24** ___ 11:00-11:30am -or- ___ 11:30-12:00pm
- Session 6: **July 14 - July 24*** ___ 6:00-6:30pm -or- ___ 6:30-7:00pm ***Evening Session**
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Parent/Legal Guardian Name: _____

Phone: _____

Email: _____

Fees: \$150 per swimmer/per session. Due to high demand and limited spots, there will be a \$25 fee if cancellation occurs within 2 days of the session's start. No refunds will be given after the first lesson.

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