



Swim Lessons

Our progressive advancement approach to teaching swim lessons is different to others because our program is based on a year round curriculum of lessons and swimming progressions. Our program addresses the need of systematizing what is taught, ensuring that the lessons are focused on core goals of proper stroking and technique, and offer small, efficiently run classes. The instructors are trained to instruct the levels at which they teach which enables them to understand the progression of the program, and gives them the tools they need to help students progress in a safe manner that builds on sound teaching fundamentals.

Registration

To register your child/children please contact Jacob Gynan at 757-321-2316 or jgynan@simonfamilyjcc.org. Once a week lessons provide the foundation for learning the skill of swimming that lasts a lifetime. We encourage students to swim with us once or twice a week to enhance their learning experience at the pool. Please be aware that some emails must go through our spam filter so a phone call to know that you have sent it in would be beneficial to make sure your spot is reserved. If you would like your child to swim more than once a week, select an additional day** and time from our available schedule. [Main \(757\)321-2338](tel:7573212338), [Direct \(757\)321-2316](tel:7573212316), Email jgynan@simonfamilyjcc.org

**Additional days require a second monthly registration fee

Pricing

Swim Lesson costs will be drafted on the first of the month from an Electronic Banking Account and continuous as the child moves through the program. The lessons are once a week for a monthly nonmember fee of \$70 or \$52 member discount.

Cancelation Process

To stop lessons you must complete the Swim Lesson Edit Cancellation form by the 15th of the month and the swim lessons will end the last day of that month. We provide you with that form, but must receive that written notification that you would like to suspend swim lessons.

Progression process

The rate at which your child will progress will vary from child to child, just like any other acquired skill. Some children may be more or less fearful, may be more or less athletically inclined, etc. Once a child starts lessons, you can usually get an idea of how fast they will progress, although some progressions tend to take longer than others. We will always maintain group structure while still attending to each child's individual needs.

Make-up Policy

Our class sizes are limited. In order to maintain the integrity and quality of our swimming lessons, we offer one make up lesson per pay preiod (month). The time and day of the class you do the make- up must be approved through the swim coordinator, and at least 48 hours in advance of when the make-up would occur. This is to ensure fairness for our instructors, and for those children who are participating in their normal class times.

2022	Sunday	Tuesday	Thursday	Saturday
ParentChild (6mo-36mo)	11:00-11:30am 11:30am-12:00pm			10:30-11:00am
HermitCrabs (24mo-36mo)	10:00- 10:30am 10:30-11:00am 12:00-12:30pm	4:00-4:30pm	4:00-4:30pm	9:30-10:00am 11:00-11:30am
Goldfish- Beginner (3-5yr)	11:30-12:00pm		4:30-5:00pm 5:00-5:30pm	9:00-9:30am 11:30-12:00pm
Pikes- Intermediate (3-5yr)	9:00-9:30am 11:00-11:30am			
Tetras-Advanced (3-5yr)	9:30-10:00am 10:30-11:00am			
Clownfish (6-12)	9:00-9:30am 9:30-10:00am 10:00-10:30am	4:30-5:00pm 5:30-6:00pm	5:30-6:00pm 6:00-6:30pm	
Shark (6-12)		5:00-5:30pm		10:00-10:30am



Swim Lesson Registration Form

To register more than one person you must complete a registration form for each participant even if they are in the same class. Please circle the corresponding Class and time you would like to register for.

Participant's Name: _____ (Mem/Non) Current Date: _____

Participant's Age: _____ (if Adult put 18+) Date of Birth: _____

Guardian's Name (if participant under 18) _____

Address: _____

Contact Number: _____ Lessons To Begin On Date: _____

Email: _____

Please indicate for which class(es) you would like to register

2022	Sunday	Tuesday	Thursday	Saturday
Parent Child (6mo-36mo)	11:00-11:30am 11:30am-12:00pm			10:30-11:00am
Hermit Crabs (24mo-36mo)	10:00- 10:30am 10:30-11:00am 12:00-12:30pm	4:00-4:30pm		9:30-10am 11:00-11:30am
Goldfish (3-5yr)	11:30-12:00pm		4:30-5:00pm 5:00-5:30pm	9:00-9:30am 11:30-12:00pm
Pikes (3-5yr)	9:00-9:30am 11:00-11:30am		4:00-4:30pm	
Tetras (3-5yr)	9:30-10:00am 10:30-11:00am			
Clownfish (6-12)	9:00-9:30am 9:30-10:00am 10:00-10:30am	4:30-5:00pm 5:30-6:00pm	5:30-6:00pm 6:00-6:30pm	
Sharks (6-12) (must be able to proficiently swim down the pool independently)		5:00-5:30pm		10:00-10:30am