



# Swim School

at  
Lyme Shores  
Tennis and Conditioning Center  
20 Colton Road  
East Lyme, CT 06333

Summer 2011



## Lesson Policies

- Due to limited space, swimmers will be accepted into the program on a first-come, first-serve basis.
- If classes are cancelled due to inclement weather, make-up classes will be held on Fridays.
- Parents are asked to sit outside of the swim area during lessons.

## Refund/Cancellation Policies

- A refund will be given less a 20% handling fee and must be requested by the second class.
- No make-up classes or credits will be provided for missed classes.
- We reserve the right to cancel any class that does not meet the minimum enrollment requirements.
- Cancelled classes will be refunded in full.
- Classes will not be held during inclement weather.
- A \$35.00 fee is charged for all returned checks.

Please read, sign, and return with registration form.

## Waiver Form-Summer 2011

I understand that neither Lyme Shores Tennis and Conditioning Center nor Jess Carlson or Diane Letendre is responsible for accidents and/or medical expenses incurred as a result of participation in the swim lessons program. The applicant(s) is/are in good health and able to participate in the swim lessons program. In case of accident or illness, permission is granted to take the participant(s) to the local medical facilities for emergency treatment. If a situation arises, the parent or guardian will be notified at once.

Signature of Parent or Guardian \_\_\_\_\_

## Coaches

Jess Carlson has over 12 years of experience in coaching competitive swimming to both children and adults. She is also a former competitive swimmer.

Diane Letendre has been teaching and coaching children and adults in competitive swimming for 35 years. She currently teaches and coaches at the East Lyme Aquatic Center and is a Master swimmer herself.

Both coaches are professional and believe that proper stroke mechanics should be emphasized. Of course, nurturing a love for swimming is also an essential part of their mission!

## Times and Levels

### 10:00am Advanced (age 6+)

Student already swims freestyle with rotary breathing & backstroke. Will refine these strokes and learn breaststroke & butterfly.

### 10:30am Intermediate (6+)

Student can perform front and back glides with flutter kick. Will learn freestyle with proper breathing and backstroke.

### 11:00am Beginner (age 6+)

Student cannot float unassisted. Will learn to put face in water, front and back floats, and flutter kick.

### 11:30am Pre-school (age 3-5)

Student learns to put face in water, front and back floats, flutter kick and possible arm stroke.

## Session Dates

Session I - June 27th—July 8th (No July 4th classes)

Session II - July 11th—July 21st

Session III - July 25th—August 4th

Classes are 30 minutes in length and meet Monday-Thursday for 2 weeks. **Exception: The second week of the first session will run Tues.-Fri. due to no classes on July 4th.**

	Member	Non-member
<b>1 Session</b>	\$88	\$112
<b>Multiple Session Discounts - In order to receive discounts, full payment for all sessions must be made <u>at one time.</u></b>		
<b>2 Sessions</b>	\$168	\$214
<b>3 Sessions</b>	\$240	\$306

## Fees Per Swimmer

### To Register

Arrange for an **evaluation** by calling Diane Letendre (860) 447-9177. Swimmers *must* be evaluated to be placed in the appropriate class level prior to registration. Evaluations will be scheduled on an individual basis over the phone.

Detach and mail Registration /Waiver Form and check to: Jess Carlson, 9 Wells Street, Niantic, CT 06357

Once your registration has been processed we will notify you A.S.A.P. via e-mail or phone.

Additional registration forms can be downloaded and printed from the Lyme Shores website @ [www.lymeshores.com](http://www.lymeshores.com)

Questions call:

Diane Letendre (860) 447-9177

Jess Carlson (860) 739-4970

## Registration Form for Swim School at Lyme Shores-Summer 2011

Parent/Guardian \_\_\_\_\_ E-mail \_\_\_\_\_  
 Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Session Dates: **I** - June 27th - July 8th (No July 4th classes), **II** - July 11th - July 21st, **III** - July 25th - August 4th

#1 Swimmer's Name \_\_\_\_\_ Level \_\_\_\_\_ Circle Session(s) **I** **II** **III**  
 Age/Date of Birth \_\_\_\_\_  
 #2 Swimmer's Name \_\_\_\_\_ Level \_\_\_\_\_ Circle Session(s) **I** **II** **III**  
 Age/Date of Birth \_\_\_\_\_  
 #3 Swimmer's Name \_\_\_\_\_ Level \_\_\_\_\_ Circle Session(s) **I** **II** **III**  
 Age/Date of Birth \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ Make Checks Payable to: Jess Carlson Send to: 9 Wells Street, Niantic, CT 06357