



# Swim School

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

Summer 2022

## 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.
- For Session I and II, if classes are not full, one-week options will be available at an extra charge. (\$56 /\$63)
- Enrollment limits are based on Instructor availability and skill level of group.

## 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 for Swim School— Summer 2022

I understand that neither Lyme Shores Tennis and Conditioning Center nor Diane Letendre, Soleil Demars, or any substitute instructor 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 promptly.

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

Date \_\_\_\_\_

## Coaches

**Diane Letendre** has been teaching and coaching children and adults in competitive swimming for over 40 years. She currently participates in Master swimming.

**Soleil Demars** is an experienced swim instructor having been trained by and worked with Diane Letendre for several years.

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 (All sessions unless noted)

### 9:10am Advanced (Age 6+)

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

### 9:10am Intermediate (Age 6+)

Student can flutter kick on back 30 feet can perform rotary breathing. Will learn freestyle with proper breathing and improve backstroke.

### 9:45am. Adv. Beginner (age 6+)

Student can perform front & back glides and is comfortable in deep water. Will be introduced to rotary breathing and backstroke.

### 10:20am. Beginner (Age 6+)

Student will learn to put face in water, front and back floats unassisted, arm stroke and flutter kick

### 10:55am Pre-School Plus (Age 3-5)

Student can perform sitting dive, arm stroke and back float unassisted. and flutter kick. Intro to Rotary Breathing

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

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

## Session Dates

Session I -June 27<sup>th</sup> —July 8<sup>th</sup> (no class July 4)

Session II -July 11<sup>th</sup> —July 21<sup>st</sup>

Session III- July 25<sup>th</sup> – July 28<sup>th</sup> (one week)

Session IV- Aug. 1<sup>nd</sup> -Aug 4<sup>th</sup> (one week)

Classes are 30 minutes in length and meet Monday-Thursday each week. **Fridays are reserved for make-ups due to weather issues.**

## Fees Per Swimmer Per Session:

	Member	Non-member
Session I <u>or</u> II	\$104	\$118
Session III <u>or</u> IV	\$52	\$59
<b>Multiple Session Discounts</b> -In order to receive discounts, full payment for all sessions must be made at one time.		
Sessions I <u>and</u> II	\$195	\$222
Sessions I <u>thru</u> IV	\$284	\$326

## To Register

Arrange for an **evaluation** by calling Diane Letendre (636)236-9928. Swimmers *must* be evaluated to be placed in the appropriate class level prior to registration.

Detach and mail Registration /Waiver Form and check to Diane Letendre, 80 Pruett Pl, Oakdale, CT 06370.

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 (636) 236-9928

## Registration Form for Swim School at Lyme Shores-Summer 2022

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

Dates: **Session I** 6/27-7/8    **Session II** 7/11-7/21    **Session III** 7/25-7/28    **Session IV** 8/1-8/4

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

Amount Enclosed \_\_\_\_\_

Make Checks Payable to: Diane Letendre Send to:80 Pruett Pl Oakdale, CT 06370