



Swim School

at
Lyme Shores
Racquet Club
22 Colton Road
East Lyme, CT 06333

Summer 2023

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. (\$57 /\$64)
- 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 2023

I understand that neither Lyme Shores Racquet Club 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 50 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

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 improve freestyle with proper breathing and improve backstroke.

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

Student can perform front & back glides, arm stroke and kick. 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, intro to deep water.

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 19th —June 29th

Session II -July 3th —July 13th (no class July 4th)

Session III- July 17th – July 27th

(1 week sessions are available **only** if space allows)

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
1 Session	\$104	\$118
1 week session	\$57	\$64
Multiple Session Discounts -In order to receive discounts, full payment for all sessions must be made at one time.		
2 Sessions	\$195	\$222
3 Sessions	\$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 you will be notified 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

Questions call:

Diane Letendre (636) 236-9928

Registration Form for Swim School at Lyme Shores-Summer 2023

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

Dates: Session I 6/19-6/29 Session II 7/3-7/13 Session III 7/17-7/27

#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: Diane Letendre Send to: 80 Pruett Pl Oakdale, CT 06370