



# Diane's Progressive Swim School at Lyme Shores Racquet Club

20 Colton Road  
East Lyme, CT 06333

## Summer 2025

### 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. (\$62 /\$72)
- 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 2025

I understand that neither Lyme Shores Racquet Club nor Diane Letendre, or any assistant or 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 swimming for over 50 years. She has developed a program that provides a steady progression of skills that result in relaxed swimming with proper technique.

**Delaney Donavon** has served as assistant swim instructor for the past 3 years under the tutelage of Diane. Her love of swimming and children shine through in her instruction.

All coaches are professional and believe that proper stroke mechanics should be emphasized. Of course, safety and 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 with arm stroke. 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 23rd —July 3<sup>th</sup> (no class July 4<sup>th</sup>)

Session II -July 7<sup>th</sup>—July 17<sup>th</sup>

Session III- July 23<sup>rd</sup> – July 31<sup>st</sup>.

(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	\$112	\$125
1 week session	\$62	\$72
<b>Multiple Session Discounts</b> -In order to receive discounts, full payment for all sessions must be made at one time.		
2 Sessions	\$210	\$235
3 Sessions	\$308	\$335

## To Register

Call Diane Letendre (636)236-9928 to discuss skill level for registration.

Detach and mail completed 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](http://www.lymeshores.com)

Evaluations and “Meet the Teacher” will be scheduled the week of June 16<sup>th</sup>. So all swimmers can be placed in the proper level prior to the first class.

## Registration Form for Swim School at Lyme Shores-Summer 2025

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

Dates: Session I 6/-23-7/03 Session II 7/7-7/17 Session III 7/21-7/31

#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's Progressive Swim School; Send to: 80 Pruett Pl Oakdale, CT 06370