

Penn Brook Club

Swim Lessons 2018

Pool Manager: Nicholas Mylowe

Dates:

Session 1:	June 11 th - June 22 nd	(Evenings only / Members only)
Session 2:	June 25 th - July 6 th	(Mornings only)
Session 3:	July 9 th - July 20 th	(Mornings only)
Session 4:	July 23 rd - Aug 3 rd	(Mornings only)

Times:

Session 1 (5:30pm – 6:30pm) (Members Only**)**

Monday – Friday

Levels 1 and 2: 5:30pm – 5:55pm

Levels 3 and 4: 6:00pm – 6:30pm

Sessions 2 & 3 (8:45am - 9:45am)

Monday – Friday

Levels 1 and 2: 8:45am - 9:10am

Levels 3 and 4: 9:15am - 9:45am

Session 4 (9:45am - 10:45am)

Monday – Friday

Levels 1 and 2: 9:45am - 10:10am

Levels 3 and 4: 10:15am - 10:45am

Registration:

Swim lessons have limited space and members have priority registration. Registration is on a **first come, first serve basis (Limit 8 per class)**. Please sign up using the official Penn Brook swim lesson registration form found in the *Swim Lessons Binder* at the front desk. You may also speak to the Pool manager, Nicholas Mylowe, for more information at 737-8930.

Cost:

There is a **\$50.00** fee per individual, per session for members, **MEMBERS will be billed at the end of the season**. There is a **\$100.00** fee for NON-MEMBERS. **NON-MEMBERS should have checks made out to “The Penn Brook Club,” payable before the session begins**. Please note members have first priority.

Penn Brook Club

Swim Lessons 2018

www.pennbrookclub.com

(609) 737-8930

COURSE DESCRIPTIONS

All Penn Brook Club lessons are performed by trained swimming instructors who have years of experience with small children and swimmers. A formal block plan is followed to make sure your child is learning the basic skills at their level. All Penn Brook instructors are either former Penn Brook swimmers, high school swimmers, and/or college swimmers. Any concerns with your lesson should be directed immediately to the Pool Manager.

Level 1 (Preschool):

Designed to help young children overcome their fear of water and get ready to learn to swim. This level is designed to be fun! There will be games and prizes. An adult partner must be willing to assist their child in the water. This will be at the discretion of the instructor.

Level 2 (Beginner):

Designed for the swimmer who wants to learn introductory floating, breathing, kicking, gliding, and beginning stroke mechanics.

Level 3 (Advanced Beginner):

Builds on beginner concepts. Introduction of front crawl, backstroke, and elementary backstroke, as well as development of deep-water skills. Safety and survival skills are introduced, such as treading water.

Level 4 (Intermediate):

Development of skills introduced in advanced beginners. Continued development of freestyle, backstroke, and elementary backstroke, and an introduction to breast stroke, diving, and more advanced underwater skills. Individuals at this level should have completed their 2 lap test, or should be very close to passing the test.

Penn Brook Club Swim Lessons (Member) 2018

Members Swim Lesson Permission Slip

All swimmers at The Penn Brook Pool participating in swim lessons are required to abide by the following rules:

1. I have read and will abide by the 2018 PBC pool rules.
2. I understand **I will be billed** (no pre-payment) at the end of summer for all lessons.
3. I understand that those participating in swim lessons are allowed in the pool during instruction time only and must leave after the daily lesson is over.
4. If I have any questions or concerns about the instruction, I will address them at proper times to ensure all swimmers are given ample attention. (Either before or after daily lessons.)

These rules are in place to provide a safe and fun learning environment for your child. *If the rules are not followed, Penn Brook management has the right to remove your child from lessons. If your child misses a lesson, unfortunately there are no "make ups" or "refunds".*

Penn Brook Members Name: (Printed): _____

Signature: _____ **Date:** _____

Primary Phone (Cell): _____

Email (required): _____

Emergency Contact: _____

1st Child's Name: _____ **Age:** _____

Session(s) _____ **Level:** _____

2nd Child's Name: _____ **Age:** _____

Session(s) _____ **Level:** _____

Classes have limited space: registration is on a First Come, First Served basis

Members of Penn Brook have first priority. Cost: **\$50.00** for PBC Members and **\$100.00** for Non-Members. For additional information, please contact the pool manager, Nicholas Mylowe at 737-8930. **Please turn this form in to the pool manager or to the front desk before your session.** You will be phoned or E-mailed regarding any cancellations due to weather, and cancellations may also be posted on the PBC website.

Penn Brook Club

Swim Lessons (Non-Member) 2018

Non-Member Swim Lesson Permission Slip

****Only *morning* lessons are available for Non-Members****

All visitors at The Penn Brook Pool participating in swim lessons are required to abide by the following rules:

1. I have read and will abide by the 2018 PBC pool rules.
2. I understand I need to have paid in full at the time of sign-ups.
3. I understand that, while I am a visitor at Penn Brook, only the child participating in Swim Lessons is allowed in the pool.
4. I understand that those participating in swim lessons are allowed in the pool during instruction time only and must leave after the daily lesson is over.
5. If I have any questions or concerns about the instruction, we will address them at proper times to ensure all swimmers are given ample attention. (Either before or after daily lessons.)

These rules are in place to provide a safe and fun learning environment for your child. *If the rules are not followed, Penn Brook management has the right to remove your child from lessons. If your child misses a lesson, unfortunately there are no "make ups" or "refunds".*

Parent Name: (Printed): _____

Signature: _____ **Date:** _____

Primary Phone (cell): _____

Email (required): _____

Emergency Contact: _____

1st Childs Name: _____ **Age:** _____

Session(s) _____ Level: _____

2nd Childs Name: _____ **Age:** _____

Session(s) _____ Level: _____

Classes have limited space: registration is on First Come, First Serve basis.

Members of Penn Brook have first priority. Cost: **\$50.00** for PBC members and **\$100.00** for Non-Members. For additional information, please contact the pool manager, Nicholas Mylowe at 737-8930. **Please turn this form in, with your payment, to the pool manager or to front desk before your session.** You will be phoned or E-mailed regarding any cancellations due to weather, and cancellations may also be posted on the PBC website.

Session 1 (5:30pm – 6:30pm) (Members Only**)**

Monday – Friday

Level 1: 5:30pm – 5:55pm

Name: _____ **Member?**
(yes or no)

1. _____, _____

2. _____, _____

3. _____, _____

4. _____, _____

5. _____, _____

6. _____, _____

7. _____, _____

8. _____, _____

Level 2: 5:30pm – 5:55pm

Name: _____ **Member?**
(yes or no)

1. _____, _____

2. _____, _____

3. _____, _____

4. _____, _____

5. _____, _____

6. _____, _____

7. _____, _____

8. _____, _____

Session 1 (5:30pm – 6:30pm) (Members Only**)**

Monday – Friday

Level 3: 6:00pm – 6:30pm

Name: _____ **Member?**
(yes or no)

1. _____, _____

2. _____, _____

3. _____, _____

4. _____, _____

5. _____, _____

6. _____, _____

7. _____, _____

8. _____, _____

Level 4: 6:00pm – 6:30pm

Name: _____ **Member?**
(yes or no)

1. _____, _____

2. _____, _____

3. _____, _____

4. _____, _____

5. _____, _____

6. _____, _____

7. _____, _____

8. _____, _____

Session 2 (8:45am - 9:45am)

Monday – Friday

Level 1: 8:45am - 9:10am

Name: **Member?**
(yes or no)

- 1. _____, _____
- 2. _____, _____
- 3. _____, _____
- 4. _____, _____
- 5. _____, _____
- 6. _____, _____
- 7. _____, _____
- 8. _____, _____

Level 2: 8:45am - 9:10am

Name: **Member?**
(yes or no)

- 1. _____, _____
- 2. _____, _____
- 3. _____, _____
- 4. _____, _____
- 5. _____, _____
- 6. _____, _____
- 7. _____, _____
- 8. _____, _____

Session 2 (8:45am - 9:45am)

Monday – Friday

Level 3: 9:15am - 9:45am

Name: **Member?**
(yes or no)

- 1. _____, _____
- 2. _____, _____
- 3. _____, _____
- 4. _____, _____
- 5. _____, _____
- 6. _____, _____
- 7. _____, _____
- 8. _____, _____

Level 4: 9:15am - 9:45am

Name: **Member?**
(yes or no)

- 1. _____, _____
- 2. _____, _____
- 3. _____, _____
- 4. _____, _____
- 5. _____, _____
- 6. _____, _____
- 7. _____, _____
- 8. _____, _____

Session 3 (8:45am - 9:45am)

Monday – Friday

Level 1: 8:45am - 9:10am

Name: **Member?**
(yes or no)

- 1. _____, _____
- 2. _____, _____
- 3. _____, _____
- 4. _____, _____
- 5. _____, _____
- 6. _____, _____
- 7. _____, _____
- 8. _____, _____

Level 2: 8:45am - 9:10am

Name: **Member?**
(yes or no)

- 1. _____, _____
- 2. _____, _____
- 3. _____, _____
- 4. _____, _____
- 5. _____, _____
- 6. _____, _____
- 7. _____, _____
- 8. _____, _____

Session 3 (8:45am - 9:45am)

Monday – Friday

Level 3: 9:15am - 9:45am

Name: **Member?**
(yes or no)

- 1. _____, _____
- 2. _____, _____
- 3. _____, _____
- 4. _____, _____
- 5. _____, _____
- 6. _____, _____
- 7. _____, _____
- 8. _____, _____

Level 4: 9:15am - 9:45am

Name: **Member?**
(yes or no)

- 1. _____, _____
- 2. _____, _____
- 3. _____, _____
- 4. _____, _____
- 5. _____, _____
- 6. _____, _____
- 7. _____, _____
- 8. _____, _____

Session 4 (9:45am - 10:45am)

Monday – Friday

Level 1: 9:45am - 10:10am

Name: **Member?**
(yes or no)

- 1. _____, _____
- 2. _____, _____
- 3. _____, _____
- 4. _____, _____
- 5. _____, _____
- 6. _____, _____
- 7. _____, _____
- 8. _____, _____

Level 1: 9:45am - 10:10am

Name: **Member?**
(yes or no)

- 1. _____, _____
- 2. _____, _____
- 3. _____, _____
- 4. _____, _____
- 5. _____, _____
- 6. _____, _____
- 7. _____, _____
- 8. _____, _____

Session 4 (9:45am - 10:45am)

Monday – Friday

Level 3: 10:15am - 10:45am

Name: **Member?**
(yes or no)

1. _____, _____
2. _____, _____
3. _____, _____
4. _____, _____
5. _____, _____
6. _____, _____
7. _____, _____
8. _____, _____

Level 4: 10:15am - 10:45am

Name: **Member?**
(yes or no)

1. _____, _____
2. _____, _____
3. _____, _____
4. _____, _____
5. _____, _____
6. _____, _____
7. _____, _____
8. _____, _____