

BVSC Swim Lessons

There will be 5 weeks of lessons this summer (depending on weather, player interest and coach availability, lessons could be extended). We will be offering 5 one-week / 4 day sessions Monday through Thursday beginning with the week of June 20th and ending the week of July 18th. ****Please note that the week of July 4th, there will be lessons offered, but the lessons will run Tuesday-Friday that week ONLY!** The cost of each weekly lesson is \$20.00 for members and \$30 for non-members. Fridays may be used as a make-up day if the lesson has been canceled due to inclement weather or unforeseen pool closure.

Class commitment must be indicated prior to the beginning of the session where registration and payments must be turned into front desk or on line prior to first lesson. Refunds cannot be given for classes missed after a session has begun. By following this policy, we are able to maintain the highest quality of lessons with our excellent coaches. Thank you for your cooperation.

2016 Swim Lesson Schedule

Week 1: June 20-23

Week 2: June 27 - 30

Week 3: July 5 - July 8

Week 4: July 11 - 14

Week 5: July 18 – 21

The cost of each weekly lesson is \$20.00 for members and \$30 for non-members (*fees will not be prorated*).

10:30 – 11:00 A.M.

Beginner

Advanced Beginner

Intermediate

Pre-swim team/Stroke Work

11:00 – 11:30 A.M.

Beginner

Advanced Beginner

Intermediate

Beginner

Gain confidence in the water

Jump off side

Front float (face in water)

Back float

Introduce basic stroking

Advanced Beginner

Introduce side breathing with front crawl

Introduce backstroke

Jump off diving board

Comfortable with head fully submerged

Should be able to complete width of pool

Intermediate

Swim under water

Improve front crawl

Improve backstroke

Introduce breaststroke

Introduce butterfly

Pre-Swim Team/Stroke Work

Swimmers must know all 4 strokes.

Each day will work on a specific stroke

Monday–Front crawl, introduce start, turn and pull out

Tuesday–Backstroke, introduce start, turn and pull out

Wednesday–Breaststroke, introduce start, turn and pull out

Thursday–Butterfly, introduce start, turn and pull out

Classes may be canceled or combined if too few swimmers register.

Classes are limited to 6-8 swimmers depending on the skill level.

~Swim lessons are taught by the talented BVSC Swim Coaching staff~

Members - Log in to Esoft to register for lessons

<http://members.beechviewswimclub.com/>

Non-Members please contact the swim club at 248-477-4262 to register your child