

# Arrowhead 2023 Swimming Lessons

All levels of swimming capability are welcome. All lessons are by appointment only and are limited due to staffing, Swim lessons are weather permitted. Lessons will not be held if the temperature is below 70°  
Feel free to contact Tatum with questions or to schedule lessons.

Tatum Hanson — Pool Supervisor (605)-209-2042

## PRIVATE LESSONS

Work with an instructor one-on-one to significantly increase your swimming abilities, and you come up with goals for your swimmer.

## GROUP LESSONS

Work with one other swimmer, still plenty of one-on-one attention. As with private lessons, these semi-private lessons let you develop goals for your swimmer.

## ALL LESSONS WILL BE CHARGED TO YOUR MEMBER ACCOUNT

**COST:** \$30 hr /per kid

Arrowhead reserves the right to cancel lessons due to weather. Lessons may be merged or overlapped as we are trying to vary the availability of the swim lessons to accommodate as many members' needs as possible. Member will be charged if no notice is given if failure to appear to scheduled lessons.

Your patience and feedback is appreciated. Instructors recommend that swimmers have goggles and hair up in a ponytail if possible.

## CLASSES AVAILABLE

**LEVEL 100:** This course will turn beginners into swimmers using different progressions. They will learn fundamental swimming skills. Such as getting comfortable with head and face being in the water by doing "bobs." Learning how to back float without assistance and learning the basics of freestyle.

**LEVEL 200:** This course will teach entry-level swimmers the standard freestyle, backstroke, and side-breathing strokes. This level is designed for children already comfortable in the water and working to progress swimming proficiency.

**LEVEL 300:** This is an advanced level course designed for swimmers who have mastered freestyle, and backstroke, with side-breathing while introducing breaststroke and head-first entry into the water.

**LEVEL 400:** This class is designed for advanced swimmers looking to perfect and improve strokes, head-first water entry, and endurance

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## ARROWHEAD SUMMER SWIM LESSONS 2023

PARENT'S NAME: \_\_\_\_\_ MEMBER NUMBER: \_\_\_\_\_

BEST WAY TO CONTACT YOU: \_\_\_\_\_

CHILD'S NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ LEVEL: \_\_\_\_\_

TIMES FOR LESSONS: \_\_\_\_\_ DAYS FOR LESSONS: \_\_\_\_\_

WHAT IS THE GOAL OF LESSONS?

ANYTHING THE INSTRUCTOR SHOULD KNOW?

ARROWHEAD RESERVES THE RIGHT TO CANCEL LESSONS DUE TO WEATHER. LESSONS MAY BE MERGED OR OVERLAPPING AS WE ARE TRYING TO VARY THE AVAILABILITY OF THE SWIM LESSONS TO ACCOMMODATE AS MANY MEMBERS' NEEDS AS POSSIBLE. MEMBER WILL BE CHARGED IF NO NOTICE IS GIVEN IF FAILURE TO APPEAR TO SCHEDULED LESSONS. YOUR PATIENCE AND FEED BACK IS APPRECIATED.

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