



# AMERICAN RED CROSS SWIMMING LESSONS

American Red Cross progressive swimming lessons are taught by Certified Water Safety Instructors and Certified Water Safety Aides. Both swimming and safety skills are taught.

### Private Lesson Pricing

Members \$20 per 30 minute lesson or 5 lesson package for \$90  
Non-Members \$30 per 30 minute lesson or 5 lesson package for \$125

Please note that all private swim lessons expire within 90 days from the date of purchase. Also at least a 24-hour notice is required to cancel all scheduled service appointments or a session will be deducted from the client's pre-paid program.

### SWIM LEVEL DEFINITIONS All swim lesson levels include Safety Skills

**LEVEL 1 Introduction to Water Skills** – Learn to use ladder, steps, or side to enter or exit the water, completely submerge the face and open the eyes under water, blow bubbles through mouth and nose, front and back float and recovery from the floating positions, tread water, alternating arm and leg action on front and back (all with support).

**LEVEL 2 Fundamental Water Skills** – Learn to float on front and back with glide and recover from those positions, swim a combined stroke front and back, jump from side of pool, submerge head by performing bobs, tread water using arm and leg motion in chest deep water, combined arm and leg action on front and back, use finning and sculling arm action (all unsupported).

**LEVEL 3 Stroke Development** – Learn to front crawl with rotary breathing with body in horizontal position, back and butterfly stroke using arms and legs, retrieve a submerged object, learn a kneeling or standing dive and survival float, jump from side of pool into deep water, change direction from vertical to horizontal position on front and back, tread water in deep water for 30 seconds.

**LEVEL Technique** – Learn ways to improve technique on all strokes. This class is for the developed swimmer who wants to master the details to enhance their swimming performance. This is a great class for those who are on swim teams and want to increase their skills and competitive edge.

### PARTICIPANT INFORMATION

Name \_\_\_\_\_ Nickname \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Cell Number \_\_\_\_\_

Session Date \_\_\_\_\_ Session Number \_\_\_\_\_ Level \_\_\_\_\_ Time \_\_\_\_\_

Pediatrician \_\_\_\_\_ Phone Number \_\_\_\_\_

Any Allergies? \_\_\_\_\_ Taking Medication? \_\_\_\_\_

If yes, please explain \_\_\_\_\_

Emergency Contact Number \_\_\_\_\_

I, as a parent or authorized guardian of the above named minor, hereby give my permission for my child or ward to participate in events and activities at Cordova Athletic Club. I HEREBY RELEASE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM EVERY CLAIM AND ANY LIABILITY that I or my child or ward may allege against the releasees (including reasonable attorney's fees and costs) as a direct or indirect result of injury to me or my child or ward because of my child's or ward's participation at Cordova Athletic Club WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES or others, I PROMISE NOT TO SUE RELEASEES on my behalf of my child or ward regarding any claim arising from my child's or ward's participation at Cordova Athletic Club and further agree individually and on behalf of my child or ward, to the terms above.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

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