



GreatLIFE
Golf & Fitness Club

Live. Play. Better.

Swim Lesson Program

Thank you for your interest in taking swim lessons with GreatLIFE! We are excited to offer this new option to our members and help develop a lifelong skill.

GreatLIFE swim instructors will be following the guideline and skill progressions that see on page 2. The skills we teach are designed to help students develop their abilities while having an enjoyable time in the water. All the activities and games performed during the lesson are intended to help your child be more comfortable in the water and reach the class goals.

Different from other swim lessons programs where you have to wait until the end of the session to test out of a level, our instructors will allow your child to move up throughout the session as long as they meet the level requirements- age is not a limitation. The instructors will work with each student on an individual basis during the class and we aim to keep a 4:1 student to instructor ratio.

We will offer group lessons that consist of 30-35minutes of teaching and 5 minutes of fun games at the end. We will then have a 5 minute break before starting the next group of lessons.

Upcoming Session: 6 lessons, Monday, Wednesday, Friday from June 3rd – June 14th

Cost: \$70 members \$90 non-members

5 lessons, Sundays June 2nd-30th

Cost: \$60 members \$80 non-members

Multiple Children: \$10 off per child

No refunds after lessons have started. All lessons are plus tax.

Sign up is first come, first serve and each class per time slot will be capped at 4 students. Sign up can be done turning in this form to Woodlake or emailing Michaela Beck - Swim Lead (contact info below).

Mass emails will be sent to the email you have on file that receives your GreatLIFE statements.

Private Lessons are available for individuals of all abilities. \$35/half hour and \$60/hr

Private Group of 2-3: \$50/half hour and \$90/hr (price for the group)

Feel free to contact Michaela at 605-310-2154 or Michaela.Beck@JoinGreatLIFE.com

Turn into Michaela Beck at the GreatLIFE Woodlake location

Parent and/or Guardian: _____

Contact Email: _____

Child/Children (Refer to the back of this sheet for skill level break down)

Name: _____ DOB: _____ Skill Level: _____

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Time Preferred (circle one):

Sundays at 3:00pm or 3:45pm or 4:30pm

Monday/Wednesday/Friday at 10:15am or 11:00am or 11:45am

Additional notes for Instructors:

PRE-SCHOOL 1
Bubbles

LEVEL 2
Freestyle with breathing

<p>Gradual water adaption Enter and exit safely Movement in the water Breathe holding and release Submersion of the face Blowing bubbles Wall Bobs with bubbles and air exchange</p> <p>Test: Blow bubbles w/face in water for 5-6 seconds</p> <p>PRE-SCHOOL 2 <i>Floats and Glides</i> Front float and recover Front glide and recover Back float and recover Jumping bobs Streamline Streamline bobs</p> <p>Test: Front glide and recover-5seconds Back glide and recover-5 seconds 10- relaxed Wall Bobs</p> <p>PRE-SCHOOL 3 <i>Kicking</i> Front kick w/ glide, and recover Back kick w/glide, and recover Sitting on the kickboard sculling Jumping into water Hold breath underwater Position on wall pushoff</p> <p>Test: Enter from pool side, front float and recover Enter from pool side, back float and recover Front kick streamline -15 feet Back kick streamline-15 feet</p> <p>LEVEL 1 <i>Crawl Stroke</i> Rollover - front to back, back to front Finning and sculling Side-glide-kick Freestyle armstroke Somersaults forward and back</p> <p>Test: Side-glide-kick 8 and roll to other side -cont., 20ft. Freestyle, 20ft. (no breathing)</p>	<p>Backstroke stroke intro. somersaults - introduced Handstands - introduced Horizontal head first sculling - introduced</p> <p>Test: Freestyle with breathing (30ft minimum of 4 breaths) Backstroke 15ft</p> <p>LEVEL 3</p> <p>Extended freestyle swimming 25 yds Tread water Jump in and tread water Backstroke 25 yds Dive progression sit-kneel-stand</p> <p>Test: Swim freestyle 25 yds Swim backstroke 25 yards Tread water for 1 minute</p> <p>LEVEL 4 <i>Breaststroke & Butterfly</i> Skills to be Learned: Breaststroke kick Breaststroke swim Butterfly</p> <p>Test: Swim Freestyle 25yds. Swim Backstroke 25yds Kick Breaststroke 25yds. Breaststroke arms w/noodle w/2 sec Glide ? 25yds Butterfly arms 3 stroke</p> <p>LEVEL 5 <i>Turns</i> Sidestroke kick Sidestroke arms and swim Elementary backstroke</p> <p>Test: Swim 100yds. Freestyle, bilateral breathe for continuous 50yd. Swim 50yds. Elementary Backstroke Swim 50yds. Sidestroke</p>
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