



seven hills swim and tennis

1317 Hildreth Drive • Nashville, Tennessee 37215 • 665-0090 • www.sevenhillsclub.com

2010 Swim Lesson Application

Both private and semi-private lessons are offered for children, teens, and adults. Please see page two of this form for cost, cancellation policy and skill level evaluation.

Please fill out the form below and send to: **Jaimie Ragghianti, 4421 Alcott Drive, Nashville, TN 37215** or bring to pool office. You will be called by the instructor to set up your lessons.

Participant's Name _____ Age _____ Skill Level (see page 2)

Contact's Name _____ Relationship to participant _____

Home Phone _____ Cell Phone _____ Work Phone _____ E-mail _____

Seven Hills Member? Circle one: Yes No (Members will be given first priority.)

Circle Day(s) You are available:

Monday Tuesday Wednesday Thursday Friday Saturday

(Sunday lessons are typically not available.)

Circle Time Preference: 10am -12pm 12pm-3pm 3pm - 6pm

Please note any specific time you desire and we will try to accommodate.

Circle Lesson Preference: Private Semi-Private

Please list the participant with whom you plan to share. If you need us to pair you, please make that note as well.
Note: If we pair you, we will match skill level and age as closely as possible.

Circle Set Preference: 6 x 30 minutes 4 x 45 minutes 3 x 60 minutes (adults and level 4 only)



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2010 Swim Lesson Application (continued)

Cost:

Please make checks to Jaimie Ragghianti (Pay instructor at time of 1st visit.)

\$20 per 30 minute lesson - \$110 for 6 x 30 minute lessons

\$30 per 45 minute lesson - \$110 for 4 x 45 minute lessons

\$40 per 60 minute lesson - \$110 for 3 x 60 minute lessons

For Semi-Private lessons, each participant will pay half of the fee.

Cancellation Policy:

Once lessons are scheduled, you must call your instructor at 414-9986 to cancel at least 24 hrs in advance so that your spot may be filled by another customer. (Do NOT call Seven Hills.) Late cancellations or no-shows will NOT be rescheduled or refunded. Exception: Lessons canceled due to weather WILL be rescheduled. Please call ahead if weather is questionable. If in doubt, always come, just in case!

Please use the following guidelines to determine the participant's skill level:

Basic goals are listed at each level. Please inform your instructor of any additional goals you may have.

Level 1: Non-Swimmer

Children ages 2 and up with limited exposure to water. These children cannot float alone and may or may not be afraid of the water.

Goals:

- * Have fun & be introduced to lessons
- * Overcome fear of the water
- * Learn basic pool safety
- * Begin to float and propel forward

Level 2: Beginning Swimmer

Children ages 2 and up who can already float on belly and/or back without help and may be able to propel forward, but have not learned strokes.

Goals:

- * Learn basic freestyle
- * Learn or improve back float
- * Learn basic backstroke
- * Learn pool and diving board safety

Level 3: Advanced Beginner

Any age swimmer who can float on belly and back without help; can also perform basic freestyle; may or may not be able to perform basic backstroke.

Goals:

- * Improve freestyle and backstroke
- * Learn basic breaststroke and butterfly
- * Learn pool and diving board safety

Level 4: Intermediate Swimmer

Any age swimmer who has learned all four strokes and desires to improve skills and technique.

Goals:

- * Refine stroke technique
- * Learn racing dives and flip turns
- * Review pool and diving board safety

Questions?

Please call or email Jaimie, swim lesson instructor/coordinator, at (615) 414-9986 / jaimie.ragghianti@gmail.com; or call Nicole, pool manager, at (615) 665-0090.