

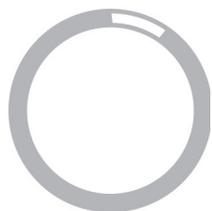
In this brochure, you will find the  
2018 Seven Hills summer Swim  
Club Lesson information and  
registration form.

Both private and semi-private  
lessons are offered for beginning  
swimmers at all skill levels.

Should your child be interested in  
the more competitive aspects of  
swimming and diving, the Seven  
Hills SWIM TEAM OR DIVE TEAM  
might be right for YOU!

See club newsletters or the  
7 Hills website for more details.

[www.sevenhillsclub.com](http://www.sevenhillsclub.com)



**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 and 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. These children have not yet learned the strokes.

**Goals:** Improve floating  
Propel forward from designated areas  
Learn basic freestyle  
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 and backstroke; desires to improve skills and techniques.

**Goals:** Refine stroke technique for freestyle and backstroke  
Introduce breaststroke and butterfly  
Learn pool and diving board safety



# Seven Hills Club Summer Swim Lesson Program 2018



## Information & Registration

Seven Hills Swim  
& Tennis Club

615-665-0090

[www.sevenhillsclub.com](http://www.sevenhillsclub.com)



## SCHEDULING

|      |                      |
|------|----------------------|
| MWF  | 10:30 a.m.–1:00 p.m. |
| MWF  | 2:00 p.m.–5:00 p.m.  |
| T/TH | 10:30 a.m.–1:00 p.m. |
| T/TH | 2:00 p.m.–5:00 p.m.  |

## SET PREFERENCE

6 x 30 minute lessons

4 x 45 minute lessons

## LESSON PREFERENCE

Private OR \*Semi-Private



## Registering for Swim Lessons

Lessons can only be scheduled within the given time frames. Instructors will create a schedule based on your desired time frame and their current availability. Please let us know of any special circumstances, and we will do our best to accommodate.

Up to three lessons can be given per participant each week. Please indicate how many lessons you would like your child to have each week.

For lesson preference, please choose private or semi-private lessons. Semi-private lessons are available for children ages 4 and up. If you choose semi-private lessons, please list the participant(s) with whom you plan to share. Please also list an email contact for each additional participant.

Note: Semi-private lessons are offered for 2 or 3 participants who are near the same skill level.

**If you have any questions, please email or call the Seven Hills clubhouse.**

**swimlessons.7hills@gmail.com**

**615-665-0090**

## Non-Member Swim Lessons

Private lessons are available for those that are not members of Seven Hills. There will be an additional \$30 club fee. This check needs to be made payable to Seven Hills Swim Club, and it is due at the time of the first lesson. Per club policy, nonmember swim lesson participants have access to the club facilities only for the duration of their 30 or 45 minute lesson.

## Cancellation Policy

Once lessons are scheduled, **you must call your instructor** to cancel at least 24 hours in advance. (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.

**Cost:** Checks made payable to the instructor at the time of your first lesson.

\$110 for 6 x 30 minute lessons

\$110 for 4 x 45 minute lessons

For semi-private lessons, each participant pays half of the fee.

