

Avalon Pool Summer 2021 Swim Lessons

The Avalon Borough Pool offers private swimming lessons to people of all ages and ability levels. Lesson packages include five thirty-minute sessions. Swimming lessons will be provided by the lifeguard staff during the pool's regular operating hours. A pool manager will contact the participant/participant's parents to assign an instructor; all lessons will be scheduled between the participant/participant's parents and the assigned instructor. Lessons cover basic water safety, the fundamentals of swimming and advanced swimming skills.

Participant Name: _____ Age: _____ Sex: M/F

Parent/Guardian: _____ Phone: _____

Address: _____

Emergency Contact: _____ Phone: _____

Are you a pool pass holder? YES NO

Instructor Preference: MALE FEMALE NO PREFERENCE

Instructor Assigned (Management) : _____

FEE: \$50.00

PAID: CASH CREDIT CARD/ONLINE CHECK # _____ DATE: _____

Please use the following to describe the swimmer's ability:

Non-Swimmer

Uncomfortable putting face in water. Limited ability to stay on surface. Limited ability to float on back.

Beginner

Puts face in the water. Floats on stomach. Can swim 10 - 15 ft. May need practice floating on back.

Intermediate

Comfortable in the water. Can swim 25 yards (one pool length) with face in the water. Can float on back for one minute. Familiar with various swimming strokes including front crawl, breaststroke, and sidestroke.

Advanced

Very comfortable in the water. Can swim at least 50 yards (two pool lengths) with face in the water, breathing to side or front. Proficient at one or more of the major strokes.

Please provide any other details or goals in the space below:

**For Instructor Use Only

Lesson Date	1	2	3	4	5
Initial					