

Fremont Hills Country Club Swim School - 2007

LESSON INFORMATION

Fremont Hills offers a summer swim lesson program. Our program is available to members as well as non-members. Our classes are grouped according to skill level and ability. The maximum number of students per class is 4 for level 1 & 2, and 5 for all other levels. The swim school program will run in 2 week sessions, meeting 4 days a week, Monday-Thursday, for 30 minutes each day. Our lessons are taught by well trained instructors ready to provide your child/children with a fun, positive, and beneficial learning experience.



Skill Levels

Level 1 - Water Exploration approx. age 4-5

Put Face in the Water
Blow Bubbles
Front Float
Explore Hand Movements

Level 2 - Primary Skills approx. age 5-6

Torpedo/streamline
Back float,
Jump in Water
Turtle Arms (wide breaststroke arms)
Big Arms (high hand recovery)

Level 3 - Stroke Readiness approx. age 6-7

Dive for objects
Seal Breathing (stomach to back roll)
Big Arms with Breath on Back
Backstroke Arms

Level 4 - Stroke Development approx. age 6 - up

Freestyle with high elbow recovery (chicken arms)
Backstroke with thumb out pinky in (tomahawk chop)
Explore breaststroke and butterfly kick

Level 5 - Stroke Refinement approx. age 6 - up

Refinement of freestyle and backstroke
Introduce Breaststroke and Butterfly drills

Session Schedule

SESSION	DATES	NOTE
1	May 28-June 7	No morning class. No class May 28. Class on June 1
2	June 11-21	No morning class
3	June 25-July 6	No class July 4. Class on July 6
4	July 7-20	No class July 11 & 18. Class on July 13 & 20
5	July 23-August 2	No class July 25. Class on July 27
6	August 6-August 16	

Class Times

Morning Classes	Skill Level(s)
11:00AM - 11:30AM	1,2,3
11:30AM-12:00PM	3,4,5
12:00PM - 12:30PM	1,2,3
Early Afternoon Classes	Skill Level(s)
2:00PM - 2:30PM	3,4,5
2:30PM - 3:00PM	1,2,3
4:00PM-4:30PM	3,4,5
4:30PM-5:00PM	1,2,3
Late Afternoon Classes	Skill Level(s)
5:00PM - 5:30PM	3,4,5
5:30PM - 6:00PM	1,2,3
6:00PM - 6:30PM	3,4,5

PRIVATE LESSONS

Private lessons are available by appointment, 5 days a week, @ \$30/half hour for members and \$ 35/half hour for non-members.

Fremont Hills Country Club Swim School Registration Form - 2007

Chld 1 Name _____ Age _____ Skill Level (1-5) _____ Session(s) (1-6) _____ Time(s) _____

Chld 2 Name _____ Age _____ Skill Level (1-5) _____ Session(s) (1-6) _____ Time(s) _____

Parents Name _____ Address _____ City, State, Zip _____

Telephone # Home _____ Work _____ Member # _____ Non-Member (check here) _____

Parents Email _____ Parents Signature _____ Total fees _____

FHCC Members will be billed for fees.

Non-Members please make check to Fremont Hills Country Club

Fee Schedule - 2007

Session 1,2,3,4,5,6 (8 class meetings)

Members - \$ 80.00, Non-Members - \$100.00

Prices are per child / per session

Cancellation Policy

2 full week written notice - full refund

less than 2 weeks notice - 50% refund

72 hour or less notice - no refund

No make-ups for missed classes

Registration Information

FHCC Members - April 1st 12pm to 3pm

Non-Members - April 21st 10am to 1pm

Payment will be due in full for all

Registered sessions

Fremont Hills Country Club
12889 Viscaino Place
Los Altos Hills, CA 94022

Fremont Hills Country Club

SWIM LESSON PROGRAM

Summer 2007



Fremont Hills Country Club

12889 Viscaino Place

Los Altos Hills, CA 94022

(650) 948-8261 EXT. 212

Fax (650) 948-3271

www.fremonthills.com

SWIM LESSON INFORMATION

Fremont Hills offers a summer swim lesson program. Our program is available to members as well as non-members. Our classes are grouped according to skill level and ability. The maximum number of students per class is 4 for level 1 & 2, and 5 for all other levels. The swim school program will run in 2 week sessions, meeting 4 days a week, Monday-Thursday, for 30 minutes each day. Our lessons are taught by well trained instructors ready to provide your child/children with a fun, positive, and beneficial learning experience.

* We will call or email to confirm all lessons. You will receive a phone call or email at least 3 days before your child's group lessons start. The minimum number of students per class is 2.

* On the first day of class, parents will receive a blank skill progress report. This report will state the learning objectives of the class & the skills for the class. At the end of the session, students will receive a completed progress report. This will help students, parents, & instructors in the learning process.

* Swim lessons are designed to help your children feel comfortable in the water, enjoy the water safely, and learn the various strokes & skills. They do NOT make your child "Water Safe". Children should always be supervised when in & around water.

PRIVATE LESSON INFO

Students will receive individual attention & feedback on swimming skills. Private lessons are available by appointment. Private lesson rates are \$30/half hour for members and \$ 35/half hour for non-members. Semi-Private lessons rates are \$ 15 per child for members and \$ 18 per child for non-members.

REGISTRATION INFORMATION

FHCC Member Registration Day
Sunday, April 1st from 12pm to 3pm

Non-Member registration Day
Saturday, April 21st from 10am to 1pm

