



2023 SUMMER SWIM LESSONS



The Langford Farms Club offers private swim lessons for children ages 3 and up. Swimming is a great hobby and a valuable life lesson where they learn important survival skills, great techniques, and the crucial habits of water safety. For children interested in progressing to a more competitive swimming level, swim lessons are a good way to prepare for swim team as we teach the fundamentals of the swim strokes required. Our lessons will be taught by our assistant swim team coaches.

Swim Levels:

Level 1: Pre-Swimmer: Cannot float and may be afraid of water

Objective: Overcome fear of water, learn about pool safety, begin to float and have fun

Level 2: Beginner Swimmer: Can float on belly and/or back, put face in water, and may have some ability to make forward progress

Objective: Learn about pool safety, improve floating skills, and begin to learn basic freestyle and/or backstroke

Level 3: Advanced Beginner: Can float on belly and back, can move forward, and knows some mechanics of stroke technique

Objective: Improve freestyle and backstroke, learn breaststroke and butterfly

Level 4: Intermediate Swimmer: Any age swimmer who has knowledge of all or most strokes and would like to improve their swimming skills and/or address specific stroke issues or goals

Objective: Enhance stroke technique, learn racing dives and flip turns, improve breaststroke and butterfly

Lesson Options: All swim lessons are done on a private basis with one child and the instructor.

- Ages 4 and Under: Parent should be prepared to be in the water with the child
- Ages 5 and Up: Child may be independently in the water with the instructor

In a private swim lesson:

- We can tailor curriculum to the level of the swimmer
- Swimmers learn at their own pace
- You get 30 minutes of one-on-one attention

Pricing: Member Rate for lessons: \$175, 4, 30-minute lessons

Non-Member Rate for lessons: \$215, 4, 30-minute lessons

To receive the member rate you must have a current year-round membership, 2023 summer membership, or enrolled in at least 2 weeks of the LFC summer camp program to complete lessons during camp.

Scheduling:

All 4 of your lessons will be scheduled with the same instructor whenever possible. Lessons will not be rescheduled for weather unless the pool is closed. Lesson times may be extended if the pool is closed temporarily for passing weather. Please contact your instructor at least 24 hours in advance to reschedule a lesson. Cancellations made on the same day may be rescheduled at the instructor's discretion. No-shows will not be rescheduled or refunded.

Lessons will be scheduled on a first-come, first-served basis as space allows.

Swim lessons are available between the hours of 11:00am and 6:00pm, Monday through Thursday, 5:00pm Friday.

(Camp families: lessons will be scheduled between 11:00am and 4:00pm any day during weeks they are scheduled to attend).

To Register for Swim Lessons:

Please fill out and submit the registration form with your payment. Lessons must be paid in advance of scheduling. Swim lessons will be conducted between the dates of June 5 – July 28. Once the payment and registration has been received, staff will begin scheduling your lessons. Please allow a few days for staff to review your request and respond with a schedule of dates and times. If we are unable to accommodate your requested schedule we will offer alternative dates. Scheduling is done on a first-come, first-served basis.



2023 SWIM LESSON REGISTRATION



Swimmer's Name _____ Birthdate ___/___/___ Age _____ Sex M / F

Swimmer's Name _____ Birthdate ___/___/___ Age _____ Sex M / F

Parent Name _____ Email _____

Address _____ City _____ State _____ Zip _____

Contact Phone # _____

To receive the member rate you must have a current year-round membership, 2023 summer membership or enrolled in at least 2 weeks of the LFC summer camp program to complete lessons during camp.

Member Rate for lessons: \$175/child

Non-Member Rate for lessons: \$215/child

Please select from the following:

Skill Level	Day Preferences	Time Preference	Week Availability
<input type="radio"/> Pre-Swimmer	<input type="radio"/> Monday	<input type="radio"/> 11:00am – 2:00pm	Please list any dates you are unavailable
<input type="radio"/> Beginner	<input type="radio"/> Tuesday	<input type="radio"/> 2:00pm – 5:00pm	
<input type="radio"/> Advanced Beginner	<input type="radio"/> Wednesday	<input type="radio"/> After 5:00pm	
<input type="radio"/> Intermediate	<input type="radio"/> Thursday	(until 6:00pm)	
	<input type="radio"/> Friday		


Amount Due: \$ _____

Payment:

Credit Card # _____

Name on Card _____

Expiration Date _____ CVV # _____



Once payment has been processed, we will set up a schedule according to your parameters as best as possible. Alternative options will be given if your preferred days/times are not available. Please allow a few days for staff to review your request and respond with a schedule of dates and times. Scheduling is on a first-come, first-served basis.

We accept payment via cash, check or credit card. Checks can be made out to the Langford Farms Club.

Participation Waiver:

I hereby grant permission for the above named person to participate in all registered activities, and absolve the Langford Farms Club and its personnel from any liability for injury or loss sustained by said person while engaged in such activity. I authorize the Langford Farms Club to provide emergency First Aid and/or medical care at my expense.

Signature of Parent or Guardian Date