



# 2022 SUMMER SWIM LESSONS



For our members, 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.

**About the Instructor:** Swim lessons will be taught by Ekin Turan, who has over a decade of swim coaching experience instructing swimmers of all ability levels, from beginners with no experience to training competitive swimmers for international competition, including the 2016 Rio Olympics. His detailed knowledge of swim technique, coupled with sincere care and patience for youth swimmers, creates a fun environment for children to learn new skills in the water.

## 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: Private:** All 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

**Pricing:** LFC Member: \$150, 5, 30-minute lessons

Non-Member: \$175, 5, 30-minute lessons

## 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 1 – July 30. Once the payment and registration has been received, you will be contacted directly by the instructor to begin scheduling your lessons. Please indicate the skill level and day/ time preference on the form. We will do our best to accommodate your request.

## Cancellation Policy:

If you need to cancel a previously scheduled lesson, please contact your instructor at least 24 hours in advance to reschedule. Cancellations made the day of a lesson, or no shows, will not be rescheduled or refunded. Lessons will not be rescheduled for weather unless the pool is closed. Your lesson time may be extended if the pool is closed temporarily for passing weather. If in doubt, please contact the club at 615/754-8650.



# 2022 SWIM LESSON REGISTRATION FORM



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 # \_\_\_\_\_

LFC Member: Y / N Summer Camper: Y / N

(LFC Members and LFC Summer Campers have first priority with early scheduling)

### Please select from the following:

Skill Level <small>(Please see other side for details)</small>	Day Preferences	Time Preference	Cost
<input type="radio"/> Pre-Swimmer	<input type="radio"/> Monday	<input type="radio"/> 10:30am – 3:00pm	Member: \$150
<input type="radio"/> Beginner	<input type="radio"/> Tuesday	<input type="radio"/> 3:00pm – 6:00pm	Non-Member: \$175
<input type="radio"/> Advanced Beginner	<input type="radio"/> Wednesday	<input type="radio"/> Any Time	
<input type="radio"/> Intermediate	<input type="radio"/> Thursday		
	<input type="radio"/> Friday		


Amount Due: \$ \_\_\_\_\_

### Payment:

Credit Card # \_\_\_\_\_

Name on Card \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVV # \_\_\_\_\_



Once payment has been processed, we will forward your contact information to the instructor who will communicate with you directly to set up a schedule. We accept payment via cash, check or credit card. Checks can be made out to the Langford Farms Club.

Scheduling will begin in June on a first-come, first-served basis.

### 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 \_\_\_\_\_

Old Hickory, TN 37138

email: [langfordfarmsclub@tds.net](mailto:langfordfarmsclub@tds.net)

(615) 807-3737 fax