

Swim Lessons

Taught by GVP
Lifeguards

June 19th - August 18th



Questions? Email us at
gvpwimminglessons@yahoo.com

or call Green Valley Pool at

717-764-2037

Online registration is available
through our Facebook page or can
be found at the front desk.



Find us on Facebook for more info!
[@GVPSwimLessons](https://www.facebook.com/GVPSwimLessons)

PRICING

Group Lesson Pricing

Pool Members: \$12.00/lesson or
\$110 for 10 lessons

Non-Members: \$15.00/lesson or
\$140 for 10 lessons

Private Lesson Pricing

Pool Members: \$20.00/lesson or
\$190 for 10 lessons

Non-Members: \$24.00/lesson or
\$230 for 10 lessons

LESSON TIMES

Morning Lessons

Monday - Friday

9:00-9:45 AM

10:00-10:45 AM

Afternoon Lessons

Mon. Wed. Thurs.

3:00-3:45 PM

4:00-4:45 PM

5:00-5:45 PM

6:00-6:45 PM

7:00-7:45 PM

Tues. & Fri.

3:00-3:45 PM

4:00-4:45 PM

5:00-5:45 PM

IMPORTANT INFO

- Registration forms should be mailed in or dropped off at the front desk.
- Payment is required at the time of registration.
- Make checks payable to **Maya Fetrow**
- You may choose the number of lessons your child receives.
- You will be contacted with potential dates and times via email.
- Lessons will be scheduled as soon as possible once your sign-up sheets and payment are received.
- **Lessons will continue with rain**, but with thunder or lightning lessons will be rescheduled after parents are notified via a call or text.
- Requests for specific instructors may not be able to be honored due to scheduling.

Please Note

If the scheduled group lesson only consists of 2 children or only 2 of the children show up, the 45-minute group lesson will be cut down to 35-minutes.

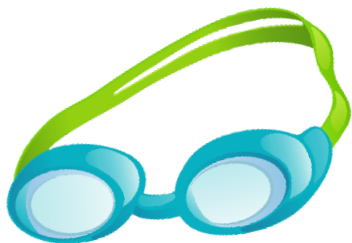
LESSON CATEGORIES

Private Lessons:

Private lessons consist of one-on-one instruction. They are 25 minutes long. Available for Little Guppies, Beginner Lessons A, B, and C, along with Technique classes.

Group Lessons:

Group lessons are held in groups of 5 or less students. Group lessons have many positive aspects including social interaction among peers and healthy competition. Our small group set up promotes an interactive learning environment where students not only learn from the instructor but from their peers as well. These lessons are 45 minutes long. Available for Beginner Lessons A, B, and C, along with Technique classes.



Beginner Lessons A/B/C

Beginner Lessons focus on survival skills and getting your child comfortable in the water. Classes will cover an introduction to freestyle, backstroke, floating, and swimming underwater. The main objective of beginner lessons is to make the child more at ease in the water and to give them confidence in swimming without flotation devices. Our classes are grouped by age. A Group is 3-4 years old, B Group is 5-6 years old, C Group is 7 and up.

*Available in Private or Group lessons

Technique Lessons

Technique lessons are the next step up from Beginner Lessons, taught by instructors that have experience in competitive swimming. This includes a more in-depth instruction in freestyle and backstroke. Students will also be introduced to the breaststroke and butterfly. Other goals include diving, swimming in deep water, building endurance, and flip turns.

*Available in Private or Group lessons

Little Guppies

These lessons are one-on-one with the instructor to ensure safety and comfort for your child. The main objective of the Little Guppies class is to make your child comfortable in the water, going under water, and introduce basic skills. The minimum age for these lessons is 18 months - 2 years old.

*Available in Private lessons only



The Green Valley
Lifeguards look forward
to working with you and
your children this
summer!