

Swim Lessons

Taught by GVP
Lifeguards

June 15th - August 7th



Questions? Email us at
gvpswimminglessons@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

PRICING

Group Lesson Pricing

Pool Members: \$13/lesson or \$120
for 10 lessons

Non-Members: \$17.00/lesson or
\$160 for 10 lessons

Private Lesson Pricing

Pool Members: \$25.00/lesson or
\$235 for 10 lessons

Non-Members: \$30.00/lesson or
\$275 for 10 lessons

**semi-private lessons available upon
request*

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 **Penelope Brosius**
- 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. Required for Little Guppies, Adults, and Mommy & Me. Recommended for Technique. Available to all.

Semi-Private Lessons:

Semi-Private lessons are typically 2 students, but can be up to 5. They are 35-45 minutes (depending on enrollment). Our Semi-private lessons are designed for families that want their kiddos together with no other students, and one instructor. Recommended for Technique. Available for Beginner Lessons A, B, and C.

Group Lessons:

Group lessons are held in groups of 5 or less students. These lessons are 35-45 minutes long (depending on enrollment). Our small group set up promotes an interactive learning environment where students learn from their instructor and from their peers as well. Available for Beginner Lessons A, B, and C.

***New* Adult Lessons**

Looking to increase your comfort in the water, build a skill, or maybe learn how to swim in general? It is never too late to get started. Adult lessons are provided in private format by our adult staff to help you accomplish your specific swimming goals. These lessons are completely personalized to what you struggle with the most.

***NEW* Mommy & Me**

Mommy & Me lessons are held with the child's parent and an instructor to help teach children 6-12 months. Priorities include water comfort, self rescuing, and adult education on how to keep your kiddo safe in and around water. Contact us for more information.

Little Guppies

The main objective of the Little Guppies class is to make your child comfortable in the water, going under water, and introduce self rescuing skills. These are 1-1 with an instructor. The minimum age for these lessons is 12 months - 2 years old.

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, treading, breaststroke, backstroke, floating, elementary backstroke, and underwater skills (as age and ability allows). 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, then ability, as a child progresses. A Group is 3-4 years old, B Group is 5-6 years old, C Group is 7 and up.

Technique Lessons

Technique lessons are taught by instructors that have experience in competitive swimming, or are generally stronger swimmers. This includes a more in-depth instruction in all strokes. Students may also be introduced to butterfly, diving, swimming in/under deep water, building endurance, and flip turns.