

# PRIVATE AND SEMI-PRIVATE SWIM LESSON REQUEST FORM

Date: \_\_\_\_\_

Name of participant: \_\_\_\_\_

Name of guardian (if applicable): \_\_\_\_\_

Participant Age: \_\_\_\_\_

Preferred days/times: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

How many lessons would you like to purchase: \_\_\_\_\_

**Kids Private Lesson (30min)**

\$35/per lesson

\$100/3 pk

\$165/5pk

\$320/ 10 pk

\$480/15pk

**Kids Semi-Private Lesson (30 min 2-4 swimmers)**

\$20/per lesson

\$55/3pk

\$90/5pk

\$170/10pk

\$270/15pk

**Adult Private Lesson (1hr)**

\$60/per lesson

\$170/3pk

\$370/5pk

**Adult lesson (30min.)**

\$35/per lesson

\$100/3pk

\$165/5pk

**Adult Semi-Private Lesson (30min. 2-4 swimmers)**

\$30/ per lesson

\$80/ 3pk

\$130/5pk

**Adult Semi-Private Lesson (1hr. 2-4 swimmers)**

\$45/Lesson

\$135/ 3pk

\$225/ 5pk

# SWIMMER INFORMATION

## Swimming Ability: (circle one)

*Non-swimmer Beginner Intermediate Advanced*

### Check-Mark Below What Applies

#### **Non-swimmer:**

- Will not put face in water  Can blow bubbles in water  
 Is comfortable in water w/flotation  Is comfortable w/o flotation  
 Can float on back w/support  Can float on front w/support

#### **Beginner:**

- Can jump into water  Will submerge underwater

Can demonstrate following strokes:

- Front Crawl  Breaststroke  Elementary Backstroke

#### **Intermediate:**

- Can edge dive  Can demonstrate survival float  
 Can tread water for 3 min.  Can swim 25 yds (1 lap pool length)  
 Can swim 25 yds in Backstroke  Can swim 25 yds Breaststroke  
 Can Swim 25 yds Front Crawl  Can swim 10 yds Butterfly

#### **Advanced:**

- Can surface dive  
 Can tread water for 10 min  
 Can demo flip-turn  
 Can **proficiently** swim 25 yds. w/following strokes:  
 Backstroke  Breaststroke  Front Crawl  Butterfly

# SWIMMER INFORMATION CONT.

## Important Health Information

Does your child have any of the following?

\_\_\_ Tubes in ears \_\_\_ Epilepsy \_\_\_ Special Needs \_\_\_ Asthma \_\_\_ Diabetes

Allergies: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please describe goals for the class:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SpecialRequests: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lessons/Classes you would like to see at Fraser Valley Rec:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please email [laurel@fraservalleyrec.org](mailto:laurel@fraservalleyrec.org) for any questions or scheduling requests

**Bring this form to the front desk or aquatics area of the Grand Park Recreation Center**

\*\*\*Please note that private swim lessons are on a first-come first-serve basis. We will try to accommodate preferred days/times to the best of our ability\*\*\*

