

River Wilderness Swim Lessons 2009

Private Swim Lessons: Available for all ages from 4 months to adults.

30 minute lesson \$40.00 45 minute lesson \$55.00

Group lessons for 2-6 students are available, call for pricing.

For additional information please call Coach Tina Brodersen at 776-9496. Tina is a River Wilderness Resident, Red Cross Certified Instructor, Swim Coach and a competitive swimmer returning for her seventh season at River Wilderness. Private lessons are at my home in River Wilderness.

Red Cross Group Swim Lessons: Sessions are five days of 30 minute lessons. Classes are generally a 6 student maximum. Sign up for Mommy and Me (ages 6 months to 36 months), Beginner I, Beginner II, or Intermediate groups. Minimum of 3 students per class must be met. Lessons are held at the River Wilderness Community Pool.

Cost per session: \$65.00

Session I: Week of June 8th (Monday through Friday)

5:00-5:30 PM Mommy and Me

5:30-6:00 PM Beginner I

6:00-6:30 PM Beginner II

6:30-7:00 PM Beginner II

7:00-7:30 PM Intermediate

Session II: Split Week Week of June 22rd (Mon, Wed, & Thurs)

Week on June 29th (Mon & Tue)

5:00-5:30 PM Mommy and Me

5:30-6:00 PM Beginner I

6:00-6:30 PM Beginner II

6:30-7:00 PM Beginner II

7:00-7:30 PM Intermediate

Class descriptions

Mommy and Me Ages 6-36 months

Beginner I Not able to put their face in the water, beginner at all levels

Beginner II Goes completely underwater, and ready to learn the strokes

Intermediate Advanced stroke instruction

Register early to reserve your space. Times, classes and dates are subject to change. As registration begins to fill in, it may be necessary to add or drop classes. Therefore exact class times will be determined one week before the session begins. If this is necessary the most your time may change would only be a half hour earlier or later. Your spot will be reserved after your payment has been received. Please check your email for any changes in times, dates and classes.

Bad weather: Classes will *only be delayed or cancelled* if there is lightning or a heavy down pour in River Wilderness. The golf course here has a lightning detection system alarm to warn us when to get out and when it's safe to get back in. Please keep in mind that the weather at River Wilderness can be different than that in your neighborhood. The weather conditions can change rapidly and at times we may have to clear the pool for 10-15 minutes only and then resume, this will cause a delay in the rest of the classes. It is much easier to delay than try to make up another day. It would be best to always come to your class, and if necessary, we will reschedule then unless you are otherwise notified by Coach Tina or the Fitness Center. You may call the fitness center at 776-3395. The guard gate will also be informed of any cancellations.

Make up classes will only take place for any class that Coach Tina may have to cancel due to weather or illness. We will try to schedule the make up for the next available week day. Every effort will be made to try and accommodate any class that was cancelled. If at any time you have a special circumstance please contact Tina.

Red Cross Swim Lessons Registration Forms

Today's Date _____/_____/_____

Swimmer #1 Name _____ Age _____

Please circle your choices below based on the schedule given above.

Session I

Session II

Level: Mommy & Me Beginner I Beginner II Intermediate

I will try to accommodate siblings in different levels so that their times will be as close together as possible.

Medical Conditions/Comments: _____

Swimmer #2 Name _____ Age _____

Session I

Session II

Level: Mommy & Me Beginner I Beginner II Intermediate

Medical Conditions/Comments: _____

=====

Parent/Guardian Name _____

Home Phone _____ Cell Phone _____

Email _____

Emergency Contact _____ Phone _____

I, the parent/legal guardian of _____ hereby give our permission for him/her to participate in River Wilderness Red Cross Swim Lessons. For and in consideration of the River Wilderness Country Club and Tina Brodersen, we agree to release and forever discharge River Wilderness Country Club and Tina Brodersen from any and all liabilities, demands of claims for loss or damage resulting from any injury or damage which may be sustained on account of his/her participation in the River Wilderness Red Cross Swim lessons. River Wilderness Country Club and Tina Brodersen are not responsible for your child(ren) before or after scheduled lessons. I understand that there is no lifeguard on duty during lessons and that swimmers will only be allowed to dive into the pool under the instruction and permission of the River Wilderness Swim Coach/Instructor. Swimmers are not allowed to enter the pool until the coach has authorized them to do so. At the end of the lessons swimmers are not allowed to re-enter the pool unless under they are under the supervision and permission of their legal parent/guardian who is a River Wilderness Country Club member.

Parent/Guardian Signature _____ Date _____

Coach Tina follows the Red Cross guidelines for swim lessons. In addition to this, each child in the class is considered an individual and will be assessed and taught at their *own* ability; not based on the group or the level that they are registered under. The group levels are merely a guideline. Some children learn faster than others and will go forward to learn more than what is required in their level. Some children may require a different approach to learning to swim and water safety. Positive reinforcement and encouragement is always used. The goal for swim lessons is to teach children about water safety and to give them the knowledge to try and become stronger swimmers. There are no guarantees that your child(ren) will learn to swim. These classes are not limited to just a handful of goals, we will do everything to encourage your child to learn the most that they can in the five days that they are with us. We encourage parents to watch, listen, ask questions and practice with their children on their own time. If you have additional questions please call Coach Tina @ 776-9496 Home or 704-7996 Cell.

Please remember to check your email for final class times and scheduling or any information about your class. Most contact such as schedule changes, cancellations and etc. will be made through group email.

Please send your registration and check made payable to:
Tina Brodersen
3417 Wilderness Blvd E
Parrish, FL 34219

Thank you and I look forward to working with you and your family. Happy Swimming!
Coach Tina