



Colonial Golf & Tennis Club 2019 Swim Lessons

Instructors:

Joseph Chubb: Pool Manager **Megan de Manincor:** Head Swim Coach

To schedule swim lessons, please contact **Joseph Chubb:** jchubb@colonialgolftennis.com 717-856-8708

Colonial's swimming lessons bring out the best in every student's personal ability for more successful results. Swimmers develop confidence while learning to stay afloat and move. They progress based on individual skills and readiness. It is encouraged to introduce your children to the instructor before the lesson to ensure they feel comfortable and more relaxed.

Group Lessons

Group lessons consist of two or more swimmers at a time. Classes are offered based on participant/instructor ratio. Each Group Session is \$100 (8 classes total). Group lessons must be paid in full at the first lesson; you may pay cash or with a check made out directly to the instructor.

Private Lessons

Private lessons times and rates are to be scheduled with the Pool Manager and the instructor. Times will be at the discretion of the Pool Manager.

Group Lessons Schedule

Session One: June 10, 11, 12, 13, 17, 18, 19, 20

Morning Classes

Level 3 8:45-9:15 AM
Levels 1 & 2 9:20-9:50 AM

Evening Classes

Levels 1 & 2 6:00-6:30 PM
Level 3 6:30-7:00 PM

Session Two: June 26, 27, 28, 29 July 3, 4, 5, 6

(No evening classes July 4)

Morning Classes

Level 3 8:45-9:15 AM
Levels 1 & 2 9:20-9:50 AM
Aqua Tots 10:00-10:30 AM

Evening Classes

Levels 1 & 2 6:00-6:30 PM
Level 3 6:30-7:00 PM

Session Three: July 10, 11, 12, 17, 18, 19, 24, 25

Morning Classes

Level 3 8:45-9:15 AM
Levels 1 & 2 9:20-9:50 AM
Aqua Tots 10:00-10:30 AM

Evening Classes

Levels 1 & 2 6:00-6:30 PM
Level 3 6:30-7:00 PM

Adult Swimming Lessons

Contact the Pool Manager to Schedule

Adult Swim 1 Learning the Basics
Adult Swim 2 Improving Skills and Swimming Strokes
Adult Swim 3 Swimming for Fitness

Aqua Tots Lessons:

Parent and Child Aquatics for Ages 6 Months-3 Years

Aqua Tots is designed to give young children a head start on swimming, get them comfortable in the water, and begin to work on basic skills while interacting with the instructor and other children in a fun and safe environment. Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

Level 1 Swim Lessons

Intro to Water Skills/Fundamental Aquatic Skills, Ages 3-4+

For the beginner who is comfortable in the water. Swimmers learn basics of swimming: bobbing, going underwater, supported front/back floating, supported rolling over, supported gliding, supported flutter kick, supported front crawl arms and jumping in. They will work on: independent floating, independent rolling, independent front and back glides, front crawl and back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 2 Swim Lessons

Stroke Development/Stroke Improvement, Ages 5-6+

Swimmers should already be comfortable swimming front stroke and swimming on their back, as well as be familiar with front and back crawl for 25 yards. Swimmers will work on: gliding, freestyle with side breathing, rotary breathing, backstroke, breast stroke and dolphin kicks, scissors kick, retrieving objects in deeper water, treading water, jumping into deep water, compact dives, turning at the wall, and diving in kneeling position.

Level 3 Swim Lessons

Stroke Refinement/Swimming & Skill Proficiency, Ages 8+

Swimmers should already be able to swim freestyle, breaststroke, and backstroke for 25 yards, plus be able to scissors kick, whip kick, tread water, and dive. Swimmers will work on: alternate breathing, and stride jump. They will refine their freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water. Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, treading water for five minutes, and basic water rescue.