

Vermont Achievement Center - Mitchell Therapy Pool

Swim Lesson Schedule

Classes start the week of September 21st, 2015. All classes are \$65 and last for 5 weeks. To register, fill out the form below and return with payment of \$65. We will contact you only if the class you choose is filled. **Children who are not toilet trained are required to wear swim diapers.** If you have any questions, please call Ann Hunt at 802-773-7187. Early registration is advised and **payment must be made before classes start.**

Parent Child Swim

Friday 5:15 -5:55pm – Sept 25th to Oct 23rd

(6 months to 3 years) Parents and children learn together through fun-filled classes to increase children’s comfort in the water and build a foundation of basic aquatic and water safety skills. One adult must accompany each child.

Tot Swim Classes for ages 3-5

<u>Tot Beginner</u>	<u>Tot Intermediate & Advanced</u>
Basic orientation to pool and importance of rules. Build comfort levels in getting faces wet and jumping in with assistance.	Helps children develop more comfort in and around the water. Introduce stroke basics, self-help skills and underwater exploration.
Monday 4:30 to 5:10 Sept 21st to Oct 19th	Wednesday 4:30 to 5:10 September 23rd to Oct 21st

Boys and Girls Lesson ages 6 & over

<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
Helps children start to gain basic swimming propulsive skills and to be comfortable in and around the water learning elementary water skills to build and progress through level.	Gives participants success with fundamental aquatic skills: stroke development and self-help rescue skills.	Build on skills in deeper water. Diving and fundamentals such as front and back crawl are applied as well as treading to promote success of each individual swimmer.
Saturday 8:30 to 9:10 am Sept 26th to Oct 24th	Saturday 9:30 to 10:10 Sept 26 th to Oct 24th	Saturday 10:20 to 11:00 September 26 th to Oct 24th

Swim Lesson Registration Form

Please return the bottom portion only, with \$65.00 fee for each class, payable to VAC, 88 Park St, Rutland VT 05701. Attn: Ann Hunt

Child’s name _____ Age _____ Phone _____
 Address _____ City/Town _____
 Parent’s name _____ email _____
 Class Selected _____ Class Time _____