

NORMANDY ESTATES SWIMMING LESSONS-2025

We are pleased to introduce the 2025 Normandy Estates Swimming Lesson program. This year we will offer four sessions of swimming lessons. The dates for the sessions are as follows:

Session I:	June 3, 5
Session II:	June 10, 12
Session III:	June 17, 19
Session IV:	June 24, 26

Each session will run for one week, with classes being held on Tuesday and Thursday. Classes are ½ hour in length with class times being beginners at 10:00-10:30 a.m. and advanced beginners at 10:30-11:00 a.m.

Exact class offerings for each session will vary based on demand. Class size is limited to 8 participants when there is one instructor and 12 participants when there are two instructors. Register early as classes fill up fast. Classes may be cancelled if there are not enough participants registered ahead of time.

Lesson fees are \$25.00/child per session for members and \$30.00/child per session for non-members. Registration begins on May 25, 2024, at the pool. Please complete the “Swimming Lesson Registration Form” and deliver to the pool during normal operating hours. **Payment is due at the time of registration. Make checks payable to Doherty Pool Management.**

Our goal is to provide the best possible swimming instruction for all participants. If you have any suggestions or concerns, please contact our instructors at the pool.

Thank You

Swimming Lesson Registration Form

_____ Name	_____ Age	_____ Telephone #
_____ Class Level	_____ Session	Normandy Estates
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_____ Class Level	_____ Session	Normandy Estates

SWIMMING LESSON DESCRIPTIONS

Beginner:

This class is for youngsters ages 4 and up. Skills taught include; holding breath underwater, rhythmic breathing, crawl stroke, backstroke, entry/exit to and from shallow water, and personal safety skills.

Advanced Beginner:

Skills taught include; improve crawl stroke (especially breathing to the side) and backstroke. Also taught are the elementary backstroke, and jumping into deep water.

Prerequisite: Beginner