

Semi-Private Swim Lessons

at the Monroe Golf and Country Club

1212 Alcovy Street
Post Office Box 286 Monroe, Georgia 30655
Clubhouse: 770-267-8424 Swim Instructor: 770-401-5822



Summer 2024

Monroe Golf & Country Club is excited to offer **SEMI-PRIVATE** (usually 4 or less in each class!) swim lessons again this summer for children age 3 and older! The Swim Lessons are usually scheduled for 4 days in a row per week. You pick the week & the time that is convenient for you and your child(ren)!



First Pick a Convenient Week:

- Week #1: May 28, 29, 30, 31
- Week #2: June 3, 4, 5, 6
- Week #3: June 10, 11, 12, 13
- Week #4: June 17, 18, 19, 20
- Week #5: June 24, 25, 26, 27
- Week #6: July 8, 9, 10, 11

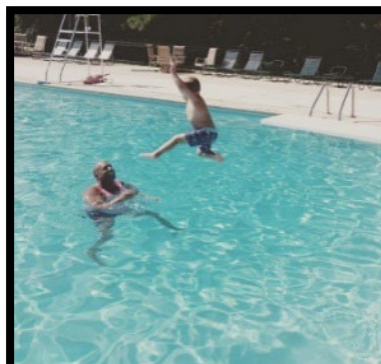
Then Pick a Convenient Time:

MORNING SESSIONS:

- 9:00 to 9:45 am
- 9:45 to 10:30 am
- 10:30 to 11:15 am
- 11:15 to 12:00 noon

AFTERNOON SESSIONS:

- 6:00 to 6:45 pm
- 6:45 to 7:30 pm



Sign up for lessons by emailing me directly at roger.lamadrid@gmail.com

You may also call or text me at 770-401-5822

My name is Roger Lamadrid and I have been teaching swim lessons for more than 31 years! --- 14 years at the Monroe Golf & Country Club!!

What a blessing it has been for me to help so many children learn to enjoy swimming and to be safe in the water!



During the school year I am an elementary teacher at Flint Hill Elementary School (Newton County) and an assistant swim coach for Eastside High School (Newton County).

Cost: (Please note that non-members are scheduled upon availability)

- \$60 per child for a 4-day session for MGCC Members -- (\$15.00 per day)
- \$80 per child for a 4-day session for Non-Club Members -- (\$20.00 per day)
- \$100 for 2 children taking lessons at the same time for MGCC Members -- \$25.00 per day)
- \$120 for 2 children taking lessons at the same time for Non-Club Members) -- \$30.00 per day)
- \$140 for 3 children taking lessons at the same time for MGCC Members -- \$35.00 per day)
- \$160 for 3 children taking lessons at the same time for Non-Club Members) -- \$40.00 per day)

Level 1 - Water Adjustment Skills

Objective is to **introduce** the students to the water and help them to be comfortable and safe in the pool environment. Students will learn:

- how to blow bubbles
- how to submerge their faces underwater while holding their breath
- how to bob repeatedly under the surface of the water
- how to float on their front and back with support
- how to propel themselves forward by flutter kicking on their front and on their back using a kickboard
- how to use alternating arms strokes to move forward

Level 2 - Basic Stroke Instruction

Objective is to **introduce** the students to basic swim strokes and awareness of basic water safety. Students will learn:

- how to kick in a streamline position with their face in the water
- how to kick in a streamline position on their backs
- how to tread water using sculling arm motions and kick
- how to use alternating arms strokes to move forward on front (freestyle)
- how to use alternating arms strokes to move forward on back (backstroke)
- how to do the elementary backstroke
- how to do a kneeling ("compact") dive
- how to safely jump in the water and swim to the side

Level 3 - Stroke Development

Objective is to **develop** the student's basic swim strokes and basic water safety. Students will learn:

- how to use the proper techniques for basic freestyle & backstroke keeping the arm movement continuous
- how to breathe correctly (pivoting the head to the side and then back to the streamline position)
- how to do an open turns using front crawl and backstroke
- how to swim using a sidestroke
- how to swim breaststroke (frog kick and arm movement)
- how to swim underwater
- how to do a basic shallow dive from the side
- how to perform a throwing assist and care for a conscious choking victim

Level 4 - Stroke Refinement

Objective is to **refine** the student's basic swim strokes and basic water safety. Students will learn:

- how to swim the butterfly stroke
- how to become more proficient with their skills in all of the basic strokes (freestyle, backstroke, breaststroke, butterfly)
- how to do flip turns in freestyle and backstroke
- how to do endurance swimming (25 yards of sidestroke and breaststroke, 100 yards of front and back crawls with 1 flip turn)
- how to tread water for at least 1 minute
- how to do a proper dive from the side and from the diving board
- how to perform a throwing assist and care for a conscious choking victim