

Monroe Country Club Swim Lessons

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



All ages! All Skill Levels!

Monroe Country Club is excited to offer **group** and **private** swim lessons this summer!

Our swimming instruction is designed to reward children with lots of praise and positive reinforcement and to help children feel comfortable in any pool environment.

Description of each swim level is on the back of this flyer! Each swim level is offered during each session.

The time will depend on the number of swimmers signed up for that class.

There is a maximum of 4 students per class so your child will get personalized instruction!

Group Session Dates:

- Session #1: June 6, 7, 8, 9
- Session #2: June 13, 14, 15, 16
- Session #3: June 20, 21, 22, 23, 24
- Session #4: June 27, 28, 29, 30
- Session #5: July 11, 12, 13, 14
- Session #6: July 18, 19, 20, 21

Time:

- 9:00 to 9:45
- 9:45 to 10:30
- 10:30 to 11:15

Cost:

- \$50 per 4-day session (club members)
- \$60 per 4-day session (non-members)

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

Swim Instructor Roger Lamadrid has been teaching swim lessons for almost 20 years.

During the school year Roger is a Gifted Education teacher at Sharon Elementary School in Loganville. He also volunteers during the summer season as a swim coach with Walton Waves/Youth Swimming in Loganville.

Private lessons are available by contacting Roger directly. Lessons can be scheduled for Friday mornings, Saturday mornings or certain evenings.



Sign up for lessons by emailing Roger directly at rogerlamadrid@comcast.net. You may also call him at 770-728-4144.

Level 1 - Goldfish *(Water Adjustment & Pre-Stroke 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 -- Angelfish **(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 -- Marlins **(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 -- Sharks **(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



Monroe Country Club Swim Lessons Registration Form

Session # _____ Child's Age: _____ Child's Swim Level: _____

Name of Child _____

Parent's Names: _____

Address: _____

Phone Number: _____

Any Health/Safety Concerns for Instructor to be Aware Of:

Club Member (circle YES or NO)

Cost of Swim Lessons is \$50.00 for Club Members and \$60 for non-Members.

Payment Method: (select one)

___ Cash (pay directly to Swim Instructor)

___ Check (make payable to Roger Lamadrid)

___ Bill Membership Account (club members may submit this registration form to Club Office)

Swim instructor will contact participants as soon as possible to schedule exact class time for the session selected. If a class session is cancelled due to weather a makeup date will be scheduled on the following Friday depending on pool and instructor availability.