



# 2024 Swim Lesson Schedule

Directed by Dayna Rogers



## Learn to Swim

Vashon Island Golf & Country Club is offering a full schedule of swim instruction throughout the summer. Give your kids the skills they need to be safe and have fun this summer with the most experienced instruction! **Registration forms must be received the Thursday before classes start. To better teach your child, class sizes are limited therefore, walk-ins will not be allowed.**

Classes begin and run every two weeks, from June 25 until August 29 - 10:00, 10:30, 11:00 and 11:30 Monday through Thursday. Afternoon and evening lessons will be offered. The times will be: 5:00, and 5:30. Cost: **Members: \$100; Non-Member: \$120 per Session**

**Notes: 1 Session = eight (8) classes of 1/2 hour each. We ask you mark your date and time preference on the registration. The instructor will confirm the session with you.**

## Lesson Levels & Basic Skill Prerequisites:

**Our progression system allows swimmers to learn skills at a fun and comfortable pace.**

**Level 1: Star Fish Must be 3 years and above. Class size of 4 – 5 students.**

This class is designed to ease toddlers (ages 3 and up) into the water environment and prepare them for future independent swimming lessons. Instructor is in the water. Lessons are in the shallow end.

**Level 2: Minnows 4 years and above. Class size of 4 – 5 students.**

Kids are comfortable in water but cannot swim independently without an adult present at their side. They must be able to go underwater and float on their stomach and back with some assistance. Classes are taught in the shallow end of the pool. Instructor is in the water.

**Level 3: Otters 4 years and above. Class size of 7 – 8 students**

Children must be able to do an over the water arm stroke independently and float on their back. They are taught side breathing, crawl stroke, elementary backstroke and beginning diving. Lessons are taught in the deep water, swimming widths of the pool. Instructor is both in and out of the water.

**Level 4: Salmon 4 years and above. Class size of 7 – 8 students**

Children must be able to swim the length of the pool using crawl stroke and side breathing. All strokes and some diving will be taught and refined. Lessons are taught using the length of the pool. Instructor is typically out of the water.

**Level 5: Orcas – Jr Lifesaving Must be 8 years and above. Class size of 7 – 8 students**

Children must be comfortable in deep water and able to swim the length of the pool using crawl stroke and breaststroke. Additional strokes and lifesaving techniques will be taught and refined. Lessons are taught using the length of the pool. Instructor is out of the water.

**Private Lessons** – are available: Arrangements can be made directly with Coach Dayna Rogers

**For additional information or help with determining the appropriate level, please contact Dayna**

**Rogers at: (206) 384-1859.**

## HELPFUL REMINDERS & INFORMATION:

- Sign-in with a lifeguard upon entering.
- Plastic drink containers are allowed in the seating area on the pool deck. Any food or glass containers are to remain on the upper terrace. No food is allowed on the pool deck.
- Please shower before entering the pool.
- Attend all the classes and arrive dressed and prepared to shower. Please do not arrive earlier than 5 minutes before your lesson. No free swim allowed during lesson times.
- Please have toddlers wear swim diapers i.e. "Little Swimmers".
- Little guys and gals with long hair should wear swim caps.
- Please wait on the deck until the instructor is available to accompany child to the pool.
- Parents must stay in the seating area, not by the pool. Please remember to not congregate on the pool deck if you have multiple children in back-to-back lessons. Please keep your non-swimming children with you.

**- Cancellation Fee (less than 3 days' notice) \$10.00 per swimmer  
Missed lessons not reimbursed.**

**- Registration forms must be received the Thursday before classes start. To better teach your child class sizes are limited therefore, walk-ins will not be allowed.  
All lessons must be prepaid.**

- If you have questions about the program or the levels after reviewing this information, please call Lessons director Dayna Rogers at: (206)-384-1859.



# 2024 Swim Lesson REGISTRATION FORM



**Please Use ONE FORM PER SWIMMER**

Registration forms must be received the Thursday before classes start. To better teach your child class sizes are limited therefore, walk-ins will not be allowed. All lessons must be prepaid.

Member Name \_\_\_\_\_ Charge my Club account # \_\_\_\_\_ for \$ \_\_\_\_\_ fee  
*(Please print clearly)*

Member Signature \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone# \_\_\_\_\_

Address \_\_\_\_\_ City, ZIP \_\_\_\_\_

Email \_\_\_\_\_

Swimmer Name \_\_\_\_\_ Gender: F M Date of Birth \_\_\_/\_\_\_/\_\_\_

List Child's Swim Experience \_\_\_\_\_ Swimming Level \_\_\_\_\_

**Level 1 & 2 on the hour; Level 3, 4, & 5 on the 1/2 hour - Adjustments made by Instructor**

**List preferred times by F=flexible or N= non flexible**

Swim Dates	10:00	10:30	11:00	11:30	3:00	3:30	4:00	4:30	5:00	5:30
<b>6/25 - 7/3</b> 25,26,27,28,29 7/1 ,2, 3										
<b>7/9 - 7/18</b> 8, 9, 10,11 15,16,17,18										
<b>7/22 - 8/1</b> 22,23,24,25, 29,30,31, 8/1										
<b>8/5 - 8/15</b> 5, 6, 7, 8 12,13,14,15										
<b>8/19 - 8/29</b> 19, 20, 21, 22 26, 27, 28, 29										

Person Bringing Child(ren) to Lessons \_\_\_\_\_ (Phone) \_\_\_\_\_

In Case of Emergency Notify \_\_\_\_\_ (Phone) \_\_\_\_\_

Physician \_\_\_\_\_ (Phone) \_\_\_\_\_

List Any Special Instructions or Medical Considerations: \_\_\_\_\_

**RELEASE & WAIVER:** I hereby release Vashon Island Golf & Country Club, Sandpiper Café, the swim lesson instructor(s) and all students in the program from any harm and liability, either passive or active due to negligence on the part of the undersigned and/or the student and/or the instructor(s). I will not hold liable the aforementioned group(s) for any harm sustained on the premises of Vashon Island Golf & Country Club or Sandpiper Café.

X \_\_\_\_\_  
Signature of Parent/Guardian Date

**Fee or Charge Authorization Must Accompany your completed registration form.**  
**Non-Members - Please Make Checks Payable to Vashon Island Golf & Country Club (VIGCC).**  
**Bring or mail registration and fee to the Club Office at [24615 75th Ave. SW, Vashon, WA 98070](#)**  
**Or email the registration form to [vgscmembership@gmail.com](mailto:vgscmembership@gmail.com) and call with a payment [206-463-9410 ext 1](tel:206-463-9410)**

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Office Use Only:  
Session # \_\_\_\_ Date Form Received \_\_\_\_\_ Date Parent Notified \_\_\_\_\_ Amount Due \$ \_\_\_\_\_  
Paid by CC / Check Check # \_\_\_\_\_ Date Paid \_\_\_\_\_  
\_\_\_\_\_/ Date billed \_\_\_\_\_

Swim Lessons Registration 2024