



We are offering a progressive Learn to Swim Program, specially crafted for children aged 4 to 10. The program will focus on teaching vital swimming skills and water safety knowledge within a fun and engaging atmosphere. The program consists of 4 groups, with varying ability levels. Each group has a list of skills that instructors will focus on. Mastering the skills enables student to progress into ultimately becoming efficient and effective swimmers. Maximum of 6 per group.



Group 1: Starfish (Beginner) The only prerequisite is a willingness to get wet, and work with our instructors on the skills.

Skills covered:

- Entering and exiting pool safely
- Bobbing up and down 5 times consecutively
- Putting face in the water and blowing bubbles
- Introduction to front float and back float
- Streamline body positioning
- Introduction to kicking



Group 2: Seahorses (Fundamentals of Swimming)

Skills covered:

- Improved floating and gliding techniques
- Breath control
- Basic water treading
- Introduction to free style and backstroke
- Introduction to rotary breathing



Group 3: Dolphins
swimming technique.

(Stroke Development) Emphasis on improving stroke mechanics and overall

Skills Covered:

- Refining front crawl and backstroke
- Introduction to breaststroke and elementary backstroke
- Endurance building through distance swimming
- Basic diving techniques and flip turns



Group 4: Sharks

(Stroke Improvement)

Skills Covered:

- Refinement of all strokes (front crawl, backstroke, breaststroke)
- Introduction to butterfly stroke
- Endurance swimming and increased distance
- Turns and starts

Session Number	Date	Time
Session 1	Saturday	9:00am-9:40am
Session 2	Saturday	9:00am-9:40am
Session 3	Saturday	9:00am-9:40am
Session 4	Saturday	9:00am-9:40am
Session 5	Saturday	9:00am-9:40am

General Information :

- The Cost is \$250 for 5 40-minute sessions. We cannot prorate the program; we recommend that to maximize learning, your child attend all 5 sessions.
- When registering your child, please indicate the level you feel best accommodates their ability. However, we may adjust the group based on our assessment of your child's skill.
- Availability is based on a first come, first serve basis. Please register by completing the attached registration form, and emailing it to swilliford@harrisonmeadowscc.com **We will respond back via email confirming your child's enrollment and group placement**
- Our pool is heated, but the early June air can be cool. Please have a large dry towel ready for your child when they are exiting the pool



Harrison Meadows Learn to Swim Clinic Registration

Childs Name _____ Age as of 6/1/2025 _____

Mothers Name _____ Phone Number _____

Fathers name _____ Phone number _____

Childs Swim Level - circle one

- **Beginner**, this level introduces basic water safety and helps children feel more comfortable in the water. The only prerequisite for this level is a willingness to enter the water with the instructor and participate in the skills.
- **Advanced Beginner**, can fully submerge, able to put face in the water, able to float on back and front for up to 10 seconds able to glide on surface for 5 yards
- **Intermediate**, can swim more than 5 yards using either freestyle or back stroke. Able to glide on surface using a modified streamline position.
- **Advanced Intermediate**, can swim 10 yards using either free style or back stroke. Utilizes modified rotary breathing while swimming free style. Able to tread water in deep end for 1 minute

Please email completed registrations to swilliford@harrisonmeadowsgc.com
 We will confirm your registration & group level via email. Cost of LTS clinic is \$250.
 We will bill your member account using the card on file. We cannot offer refunds for missed sessions. Availability is limited and is based on a first-come, first-served basis.

We encourage family members to observe lessons and practice the skills with their child.. Instructors are available after lessons to answer questions.