

FALL 2017 SWIM LESSONS



Tuesday Sept 5th— Saturday Oct 28th

NEW!- Online registration and payment will open August 4th at 12:00pm through our website www.telhai.org/pool Our swim lessons are offered Monday through Thursday evenings, and now on Saturday mornings. Spots are filled on a first come basis through the on line website registration.

Private & Semi-Private lessons

We offer kids & adults private lessons , information available upon request .

Swim lesson policies

We do not offer credits, refunds or make ups for missed lessons or swim team practices due to inclement weather, school events, vacations, or illnesses. We will try to run on deck safety lessons if lessons are delayed or end early due to thunderstorms. We do prorate lessons for the holidays and swim meets that affect any scheduled lessons.

Inclement Weather Policy

Weather Hotline 610-273-4050 will be updated when applicable. We cover a large area so keep in mind that it may be storming in your area, but not in ours. If you have swimmers in lessons, or on swim teams, please call our weather hotline, and check your email before coming to pool if severe thunder or lightning is present in the area . Check also for severe winter weather -especially those that affect either TVSD or CASD school districts- or any tornado/severe wind storms declared for the areas.

Level Descriptions

Lau-Lau: 6-18 months old, swim diaper required, one parent/guardian required to be in pool with child. Songs, games, fun and basic water introduction and water safety. 30 minutes.

Koi: 18-48 months old, swim diaper required for non-potty trained child, one parent/guardian in pool with child. Focus is on being comfortable in water, pool rules, progressing towards our independent lessons, basic safety for families and as always-fun! 30 minutes.

Jellyfish: Beginner level #1 swimmer must be at least 3 years old, fully potty-trained, or in swim diapers. Swimmers will learn pool safety , pool rules, basic fundamentals, and body position. There is a maximum of 4 swimmers per each Jellyfish class. 30 minutes.

Goldfish: Level #2, swimmer must be at least 3 years old, fully potty-trained, or in swim diapers. Able to keep their eyes, ears, and nose in the water for 4-6 seconds along with nearly independent floating. Basic free kick and higher comfort level in water. 30 minutes.

Sunfish: Level #3, swimmer must be able to independently switch from their front float to their back float, faces in, basic kicks and arms for front and back crawl. 30 minutes.

Seahorse: Advanced level, #4 swimmer must use correct rotary breathing and basic freestyle & backstroke. Focus is on endurance and stroke mechanics of all four competitive strokes. Basic ability in Breaststroke and Butterfly. 40 minutes.

Barracuda: Pre- Swim Team. Level #5 Swimmer must be placed in level by an instructor only. Multiple lengths of kicking, swimming, all four competitive strokes. 40 minutes.

1 lesson per week for 8 weeks

September 5th-October 28th *Monday lessons prorated to 7 weeks.

Lau-Lau: Mon 5:00-5:30

Koi: Wed 5:00-5:30, 6:15-6:45

Jellyfish: Mon 5:00-5:30 Tues 5:50-6:20 Wed 5:40-6:10 Thurs 5:15-5:45 Sat 9:30-10:00

Goldfish: Mon 5:40-6:10, 6:15-6:45 Tues 6:25-6:55 Wed 5:40-6:10 Thurs 5:50-6:20 Sat 10:10-10:40

Sunfish: Mon 6:25-6:55 Tues 5:15-5:45 Wed 6:15-6:45 Thurs 6:25-6:55 Sat 10:45-11:15

Seahorse: Mon 5:40-6:20 Tues 5:15-5:55 Thurs 6:00-6:40

Barracuda: Tues 6:00-6:40 Thurs 5:15-5:55

Pricing - 1x week for 8 weeks :

30 min classes: Lau-Lau, Koi, Jellyfish, Goldfish, Sunfish- Community \$65.00 /Team Member \$50.00

40 min classes: Seahorse, Barracuda- Community \$85.00 /Team Member \$65.00

Pricing for Monday: 30 min Community \$57.00/Team Member \$44.00 40 min \$75.00/ \$57.00

* Team Member is an employee of Tel Hai, you also do not have to be a member of the pool to be in lessons



2 lessons per week for 4 weeks

Session 1: Sept 6th - Sept 28th prorated to 7 lessons: \$57.00 Community/\$44.00 Team Member

Session 2: Oct 2nd to Oct 25th full 8 lesson price \$65.00/\$50.00

Jellyfish: Monday/Wednesday 5:15-5:45

Goldfish: Monday/Wednesday 5:50-6:20

Sunfish: Monday/Wednesday 6:25-6:55

For more information about our lessons, memberships, pool parties, swim teams, water fitness and more please visit www.telhai.org/pool or email Aquatic supervisor Jenne Schroeder at jschroeder@telhai.org 610-274-9333 ext 2441