



# PRIVATE SWIM LESSONS

effective date: April 3, 2023

**PLEASE ARRIVE ON TIME FOR YOUR LESSON TO CHECK IN WITH YOUR INSTRUCTOR, MAKE PAYMENT IF PAYING BY CASH OR CHECK, AND CHANGE INTO SWIM ATTIRE**

**PRICE** 4-week sessions (30 minute lesson time) \$160, open to age 1+  
2 lessons per week offered Mon/Wed or Tues/Thurs  
Single Day lessons \$30 per 30 min lesson

**REGISTER** Visit Gulf Shores Swim Team's Swim Lessons Registration page at [www.teamunify.com/team/segssst/page/lesson-registration](http://www.teamunify.com/team/segssst/page/lesson-registration)  
Read up on the information regarding our new program!  
Choose your class and follow the instructions to register and purchase

**CANCELLATIONS** We must be contacted 12 hrs in advance by calling the Lifeguard office at 251-968-9819 or Sarah Thorn at 251-284-4842. The lesson will be forfeited if less than 12 hrs notice is given - **NO Refunds will be issued.**

**HEALTHY SWIMMING** We ask all parents to help keep our pool/instructors healthy.  
Change garments/diapers in the bathroom -NEVER on deck.  
Do not bring the swimmer to lessons with diarrhea, large open wounds or sick. (fever, cold or pink eye)  
Any bodily fluids dispersed into the pool will require a minimum closure of 30 minutes.  
NO EATING for 3 hours before lessons.

**ATTIRE** Swim diapers are required on ALL swimmers who are not toilet trained, along with swimwear.

**PARENTS** We do not require parents to stay or leave. If staying, we ask that you watch your swimmer from the tables or chairs section. Parents are NOT permitted to use the facility amenities unless you have a current membership.

**FIRST DAY** Please check in with your instructor to verify your arrival and complete payment if necessary. There will be a brief introduction from the instructor and a discussion regarding goals that you would like your swimmers to achieve.

**WHAT TO EXPECT** Our private lessons are structured to promote water safety and stroke development. Our goal is to provide participants training to continually build skills and techniques and become lifelong swimmers.

## **SKILL PROGRESSION**

### **Beginner Level, Age 1+**

The swimmer will be exposed to water adjustment activities  
Buoyancy, bubble blowing, underwater exploration  
Back floating, front glide, rolling to and from front and back

### **Intermediate Level**

Water entry, jumping in assisted to unassisted  
Back glide, front glide, arm movements

### **Advanced, Adult and Swim Team Pre**

Basic stroke technique, freestyle and backstroke

## **PLEASE CALL OR EMAIL US WITH QUESTIONS**

Sarah Thorn 251-968-9819 [sthorn@gulfshoresal.gov](mailto:sthorn@gulfshoresal.gov)



**BODENHAMER CENTER**  
310 West 19th Avenue Gulf Shores, AL 36542  
[www.gulfshoresal.gov/swim](http://www.gulfshoresal.gov/swim)