



PRIVATE SWIM LESSON REQUEST FORM

GENERAL INFORMATION

- A call or email will be returned to you within 1 week to schedule time/day of your first lesson.
- Lessons are subject to instructor availability and times.
- Payment must be received before the 1st session takes place.
- Private lessons are 30 minutes in length. Semi-private lessons are also 30 minutes and can include 2 or 3 students.
- The participant is expected to be punctual & understand that the instructor may have appointments immediately preceding or following their appointment. The instructor is not obligated to stay past the allotted time scheduled for the appointment.
- No-Shows or cancellations received less than 2 hours before a scheduled appointment will be charged to the client.

PARTICIPANT INFORMATION

Today's Date _____ Name of Participant _____

Participant Age _____ Contact Person of Swimmer _____

Address _____

Phone (C) _____ (H) _____ Email _____

Please tell us a little bit about the swimmer. Examples might include: previous level of swimming lessons, fear or hesitancy in the water and/or overall goal of swimming lessons:

Registering for Semi-Private lessons? Please list the name (s) and age of the swimmers who will swim with your child:

Special Needs? Does the person registering have any special needs that we can accommodate to make this class more successful?

REQUESTED TIMES & DAYS

Requested Instructors Name: _____

If my requested instructor is not available, I would like to be matched up another instructor. Yes No

Please write in available/preferred times during the week. We typically do not schedule private lessons during our group lesson times.

Monday _____ Tuesday _____

Wednesday _____ Thursday _____

Friday _____ Saturday _____

FEES/Packages (please check)

Swim Stroke Assessment 1 x 20min. =\$15.00 (Info on next page)

<u>Private Member:</u>	<u>Private Non-Member</u>	<u>Semi-Private Member</u>	<u>Semi-Private Non-Member</u>
<input type="checkbox"/> 1 x 30min. =\$25.00	<input type="checkbox"/> 1 x 30min. =\$35.00	<input type="checkbox"/> 1 x 30min. =\$40.00	<input type="checkbox"/> 1 x 30min. =\$40.00
<input type="checkbox"/> 5 x 30min. =\$95.00	<input type="checkbox"/> 5 x 30min. =\$120.00	<input type="checkbox"/> 5 x 30min. =\$130.00	<input type="checkbox"/> 5 x 30min. =\$150.00
<input type="checkbox"/> 10 x 30min. =\$180.00	<input type="checkbox"/> 10 x 30min. =\$200.00	<input type="checkbox"/> 10 x 30min. =\$230.00	<input type="checkbox"/> 10 x 30min. =\$270.00

*Text the word "fitness" to 91212 For all of the latest news and updates, including pool closings due to inclement weather.

HealthPoint Fitness

Swim Stroke Assessment

Each individual has unique needs when it comes to swimming. Whether it is to swim well enough to be safe in and around the water, learn basic swim skills for fitness, or increase their speed or endurance. Depending on your skill level, this swim stroke assessment may be used to:

- Determine overall goals and current swim level
- Determine key changes that should be made to improve efficiency, speed and/or rhythm of stroke.
- Determine placement of child or adult in a group lesson setting.
- Recommendation for more extensive lessons/training.
- Recommendations on drills to help improve stroke.
- 100m-500m time assessment and/or stroke count to measure improvement.

COST: \$15.00 for 20min. Session.

Based on the stroke evaluation lessons may be purchased to follow up on data gathered.

Note: If Private Swimming Lesson's package is purchased after the assessment, the \$15.00 will be refunded to the participant.