



Greenhills – Swim Lessons 2020

In partnership with SwimSafe Pool Management Co.

Online Registration Required.

Use your mobile phone, tablet or computer to register at Greenhills.CourseStorm.com.

Or Scan
This QR
Code



Cancellation Policy

Lessons will only be canceled if thunder or lightning is in the area **15 minutes prior to the start of class**.

Make-up lessons may be offered on the first Friday of the session but are not guaranteed.

Waitlist Policy

Every child should have the opportunity to take swim lessons. If a class is full please join the waitlist.

Classes may be combined or canceled if enrollment is less than three swimmers.

Cancellation Notifications

We utilize an automated text notification system to quickly notify parents in the event of a cancellation.

To receive notifications, text GREENHILLS to 84483.

Cancellation information is only available via our text notification system.

LESSON SCHEDULE		
<i>Classes run Mon-Thu for 2 weeks</i>		
	Session 1	Session 2
	June 22—July 2	July 6-16
Registration Deadline	Thu, 6/18	Thu, 7/2
Fees	Members & Residents: \$25 Non-Members & Non-Residents: \$50 One registration per child. Parent is included in the fee.	
LEVELS OFFERED		
9:30-10:00 AM	2,3,4	2,3,4
10:15-10:45 AM	1,2,3	1,2,3
11:00-11:30 AM	1,2,3	1,2,3

PLEASE READ BEFORE REGISTERING

In response to the COVID-19 pandemic and in an effort to keep all participants as safe as possible, **all swim lessons require the participation of a parent, guardian, or responsible adult** with every child registered. Parents will be in the water, actively participating in the swim lesson with their child. **All adult/child pairs will be spaced at least 6-feet apart in the water** and the instructor will teach from the pool deck. **Children who do not have an adult in the water will not be able to participate in lessons.**

Face masks are highly encouraged when entering and exiting the facility or interacting with staff members however, they are not required during swim lessons.



www.greenhills.coursestorm.com
<http://www.greenhillsohio.us/>

QUESTIONS OR CONCERNS? CONTACT
 JENNIFER@SWIMSAFEPOOL.COM
 (513)-755-7075

NOT SURE WHAT LEVEL IS RIGHT FOR YOUR CHILD?

	<p>LEVEL 1: FLOUNDER</p> <p>Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.</p> <p>SKILLS: Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age-appropriate safety skills.</p>	<p><i>Any children who are at least 3-years-old and have little experience in the water should sign up for this class.</i></p>
	<p>LEVEL 2: JELLYFISH</p> <p>Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs.</p> <p>SKILLS: Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</p>	<p><i>A child is ready for this class if they can comfortably perform five unassisted, consecutive bobs, submerging fully.</i></p>
	<p>LEVEL 3: OCTOPUS</p> <p>Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick.</p> <p>SKILLS: Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</p>	<p><i>Children who can independently perform a front float for 5 seconds (with their face in the water), can independently perform a back float for at least 5 seconds, and who can perform the above requirements can register for this class.</i></p>
	<p>LEVEL 4: CLOWNFISH</p> <p>Child will work to improve their freestyle and backstroke while learning all 4 competitive strokes. Emphasis will be placed on developing strokes that are swim meet legal.</p> <p>SKILLS: Strong freestyle and backstroke, strong kicks (flutter, butterfly, breaststroke), novice breaststroke and butterfly, tread for 1 minute, standing dives, surface dives, flip turns, and safety skills.</p>	<p><i>Children who can swim basic freestyle (with their face in the water) for 15 feet, basic backstroke for 15 feet, and have met the requirements above are ready for this class.</i></p>

HOW TO MAKE THE MOST OUT OF LESSONS



Arrive on time and ready for lessons.

ALL children who are **not potty-trained must wear a swim diaper** in the pool.

Wear a **well-fitted swimsuit** that is **appropriate for lessons**.

Children with long hair should use a **hair tie** or wear a swim cap.

Swim goggles (not a snorkel or mask) may be used by children in the upper level classes.