



Lynnwood Swim and Tennis Club

Swim Lesson/Swim Team Registration

2025

Swimmer's Name: _____ Date of Birth: _____

Parent/Guardian Name: _____

Swim lessons **\$65/\$75** (Member/Non Member) Swim Team **\$175/\$185** (\$5 discount per additional child)

Address: _____ City/State/Zip: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____ Phone: _____

Baby Belugas (Pre-Swimmers) 11:00-11:30

This level is intended as an intro to swim lessons and a development of a skill set that will be the building blocks of future lessons. To enter this level swimmers must be able to walk. Classes are 30 minutes long Mon- Thur.

Trying Turtles (Swimmers Step 1) 10:15-10:45

This level is intended to develop the main components of each stroke. All strokes will be addressed in pieces to correct naturally acquired muscle memory, incorrect learning styles as a new learner, and to teach new patterns of a developing stroke. To enter this level students must be able to retrieve objects underwater without plugging their nose, show comfort on their back and stomach with facial submersion, jump off of the edge or push off of the wall to an instructor with ease. Classes are 30 minutes long Mon - Thur.

Swimming Salmon (Swimmers Step 2) 9:30-10:00

This level is to combine skills learned from Trying Turtles lessons into complete and fluid strokes. Upon completion of this level swimmers will have knowledge of all four strokes used in the swim team as well as an introduction to more advanced swim techniques. To enter this level swimmers must be able to swim the width of the pool on their stomach with both a basic front crawl technique and a dolphin roll, as well as on their back with the elementary backstroke and basic back crawl technique. Class is 30 minutes long.

Swim Team 8:00-9:15 --> Go Otters!

Swim team will be Monday - Thursday from 8:00 a.m. to 9:15 a.m. Swim Team is open to kids who have a working knowledge of the 4 main swim strokes. There will be testing the first day if you are unsure if your child qualifies.

There will be 5 swim meets on Thursday evenings. We always need help with home meets. Caitlin will be in touch to check your availability! This is a great deal for an all summer activity! June 16th- August 14th

Swim Team Participation Member

\$175 - includes tshirt

Swim Team Participation Non-Member

\$185 - includes t-shirt

Session 1: June 16-June 26

Session 2: June 30 - July 10

Session 3: July 14 - July 24

Session 4: August 4-August 14

Swim Team: June 16- August 14

Please register your swimmer before the first day of swim lessons using the Signup Genius link sent to your member email or posted on our Facebook page

There may be spaces available Monday morning, but spots are not guaranteed unless you register online. It will be first come first-served.

Payment is cash or check on the first day
or through PayPal.

Payment email is treasurerlynnwoodpool@gmail.com, and select "Friends and Family" so we're not charged an extra fee!

Questions? Reach out to our Pool Board President presidentlynnwoodpool@gmail.com