PEAK NEPTUNES
LEARN TO SWIM

Child's Last Name: _____ Child's First Name: _____

Parent's Last Name: _____ Parent's First Name: _____

Phone Number: _____ Age of Child: _____

Email Address: _____

Participants must be independently walking and under 12 years of age to enroll in swim lessons.

Contact Kailey for any swim lesson related questions at LTS@peaksportsclub.com

Session 9: 6 Weeks | November 9th - December 20th

SKILL LEVEL:

May be adjusted at the discretion of the instructor. Please see backside for level descriptions.
Parent Tot and Beginner Neptunes are 30 min sessions. All other levels are 45 min.

- ☐ Parent Tot
- ☐ Beginner Neptunes
- ☐ Level 1
- ☐ Level 2
- ☐ Level 3
- ☐ Level 4

SESSION TIMES:

Mondays:

- ☐ 4:15 - 4:45pm (Beginner)
- ☐ 4:15-5:00pm (Level 2)
- ☐ 5:10-5:55pm (Level 3)
- ☐ 5:10-5:55pm (Level 1)
- ☐ 6:00-6:45pm (Level 4)

Wednesdays:

- ☐ 4:15 - 4:45pm (Beginner)
- ☐ 4:15-5:00pm (Level 2)
- ☐ 5:10-5:55pm (Level 3)
- ☐ 5:10-5:55pm (Level 1)
- ☐ 6:00-6:45pm (Level 4)

Saturdays:

- ☐ 8:30-9:00am (Beginner)
- ☐ 9:15-10:00am (Level 1)
- ☐ 9:15-10:00am (Level 3)
- ☐ 10:10-10:40am (Parent Tot)
- ☐ 10:10-10:55am (Level 2)

PRICING:

Member Rate

45 min Sessions:

- ☐ 1x/week: $90
- ☐ 2x/week: $170
- ☐ 3x/week: $240

30 min Sessions:

- ☐ 1x/week: $60
- ☐ 2x/week: $113
- ☐ 3x/week: $160

Non-Member Rate

45 min Sessions:

- ☐ 1x/week: $120
- ☐ 2x/week: $230

30 min Sessions:

- ☐ 1x/week: $80
- ☐ 2x/week: $153

Must pay at the time of registration | Make-ups available based on availibility | Registration closes after first week of lessons

Peak Sports Club – Minor Consent and Liability Release Form

Participant understands that he or she is using the facilities at their own risk. PC Loves Park, LLC shall not be liable for any damages arising from personal injuries and damages which may occur in or about the premises and he or she does hereby full and forever release and discharge PC Loves Park, LLC, its owners and operators, all associated facilities, their owners, employees and agents from any and all claims, demands, damages, rights of action, present or future, resulting from or arising out of the participants use of the facilities. Participation is entirely his or her own choice with the understanding of risk of accidental injury involved in any activity involving unusual motion or height including, but not limited to those bodily injury, partial and/or total disability, paralysis and death. There may be other risks not known to us or are not reasonably foreseeable at this time.

I agree that this consent and liability release form covers each and every event or activity sponsored by PC Loves Park, LLC and/or their affiliated organizations. I have read the above waiver and sign it voluntarily.

Parent/Guardian's Signature: _____

Date: _____

PEAK NEPTUNES LEARN TO SWIM

Swim Level Descriptions

Our swim lessons are an interactive, skill-building program designed for children from walking through 12 years old. We focus on developing water safety, building confidence, and fostering independence in the water. Our program is structured into six progressive levels. Each level focuses on mastering specific skills before advancing to the next, ensuring that every child builds a strong foundation and progresses at their own pace.

Level Placement?

Level placement is determined by each age and current skill level. Instructors may adjust placement as needed.

Parent Tot: Walking and mainly independent from parents. Parent Tot will teach water comfortability with full assistance of instructor.

Beginner: 2 to 5 years and independent from parents. Beginner will teach water confidence and use of swim lesson materials such as boards and noodles.

Level 1: 4 to 7 years, familiar with equipment, and can kick, pull, float, etc., lightly assisted by instructor. Level 1 will teach freestyle basics, diving, floats, and kicking independently.

Level 2: 5 to 9 years, can swim freestyle 10 ft. or more, maneuver a kickboard, float, and dive independently. Level 2 will teach freestyle breathing, backstroke, diving, and streamlines.

Level 3: 7 to 12 years, can swim freestyle with breathing, backstroke, and diving. Level 3 will teach freestyle endurance, backstroke, breaststroke basics, treading water, streamlines, and dolphin kicks.

Level 4: Ability to swim freestyle, backstroke, and breaststroke. Level 4 will prepare for swim team.

Benefits of Our Lessons

- **Improved Water Safety:** Learn essential skills to stay safe in and around the water.
- **Increased Confidence:** Build self-assurance and overcome fear of the water. Enhanced
- **Physical Fitness:** Develop strength, endurance, and coordination. Fun and Engaging
- **Learning:** Enjoy a playful and positive learning environment.

Our swim lessons offer a unique and enjoyable way to learn essential water safety skills. By combining expert instruction with a playful and stimulating environment, we help children develop confidence and a lifelong love of swimming. The use of water decals transforms lessons into games, making learning fun!