

# Adult Beginning Swimmers

Summer '10 Swimming Lessons

“C” Level and Beginners

***Sunday Mornings***

**Where** Berkeley Swim School/Berkeley Aquatic Club

649 Springfield Avenue

Berkeley Heights New Jersey

**When** Sunday mornings:

June 20, 27, July 11, 18, 25, August 1

10:30AM – Noon

**Who** Level “C” and Beginners

**Instructor** Anne France Saillot, Berkeley Staff Instructor

Anne-france.saillot@comcast.net

**Cost** \$162 Checks made payable to *The Berkeley Swim School*

Anne France will continue her Level “C”/Beginner classes during the summer. These students will start with simple, safe exercises to learn balance. Through balance, the student should begin to experience more effortless support of the water and become comfortable and confident. Subsequent skills will aid in the development of a propulsive kick, rotary breathing, over water arm recovery, sculling, and backstroke. Come with a suit a smile, and a willingness to learn to swim.

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***Please fill out this form completely. A 25% fee will be charged for any cancellation. No refunds after the first class***

Student's Name \_\_\_\_\_ Level \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Email address \_\_\_\_\_