

A La Carte Private Swim Lesson Questionnaire

- ❖ All patrons requesting Private Lessons MUST complete this form before enrolling. This questionnaire will help us identify your needs and match you with the best instructor for you or your child. Please fill out as completely as possible.
- ❖ Registration for private swim lessons are on a monthly basis, lesson requests submitted after the beginning of the month will be considered, but are not guaranteed and will depend on instructor availability.

Date of Application: _____

Student Name: _____ **Date of Birth:** _____ / _____ / _____ **Age:** _____

Student Name: _____ **Date of Birth:** _____ / _____ / _____ **Age:** _____

- Private: 1 person, \$35/30 min Semi-private: 2 people, \$23 each person/30 min
 Friends & Family: 3-6 people, \$20 each person/30 min

Guardians Name: _____

Alternative Contact Name & Phone number: _____

Address: _____ **City:** _____ **Zip:** _____

Home Phone: _____

Email: (optional) _____

1. Do you have a specific instructor in mind? If yes, please write name below.

2. What are you hoping to achieve from Private Lessons?

3. Use the space below to tell us any other information about the student that would help our instructor teach to the student's needs (learning styles, personality traits, special needs, physical limitations, etc.).

4. How many lessons would you like? _____

5. How long would you like your lessons to be? Please circle one. 30 Minutes 45 Minutes 1 Hour

6. Please highlight, circle or mark the days and times you'd be available for lessons on the back of this page. Lap Pool schedule is on page 2, temperature of the pool is normally 78°-80°F. The Warm Pool schedule is on page 3, temperature of that pool is normally 88°-90°F.

7. See Lifeguard for In-Water Skills Screening (on last page).

Blue = Available for A La Carte Lessons

Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							5:00 AM
							5:30 AM
							6:00 AM
							6:30 AM
							7:00 AM
							7:30 AM
							8:00 AM
							8:30 AM
							9:00 AM
							9:30 AM
							10:00 AM
							10:30 AM
							11:00 AM
							11:30 AM
							12 Noon
							12:30 PM
							1:00 PM
							1:30 PM
							2:00 PM
							2:30 PM
							3:00 PM
							3:30 PM
							4:00 PM
							4:30 PM
							5:00 PM
							5:30 PM
							6:00 PM
							6:30 PM
							7:00 PM
							7:30 PM
							8:00 PM

	TU 5:30-7:30		TH 5:30-7:30	
OPEN MONDAY-FRIDAY 5:30am-1:00pm				

OPEN
2:00-5:00pm

Blue = Available for A La Carte Lessons

OPEN
2:00-5:00pm

OPEN
5:30-8:00pm

Skills Screening

TO BE FILLED OUT ONLY BY A LIFEGUARD OR SWIM INSTRUCTOR

LG/Inst. Name: _____

Date of Skills Screening: _____

Estimated Level: _____

Comments for Instructor/Scheduler: _____

Key:

X= Completed

\= some skill but not able to complete thoroughly

0= unable to do skill

*If 3 and Under what PS level are they most equivalent to?

* Parent may be in water to assist with testing if necessary.

PS 1:

____ Enter independently, using either the ramp, steps or side, while in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position (This part of the assessment can be performed with assistance).

PS 2:

____ Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

PS 3:

____ Part 1: Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths.

Part 2: Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds

LTS 1:

____ Enter independently, using either the ramp, steps or side, Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position (This part of the assessment can be performed with assistance).

LTS 2:

____ Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or

LTS 3:

____ Push off in a streamlined position, then swim front crawl for 15 yards, Float on back or Front for at least 30 seconds, change position and direction as necessary, swim elementary backstroke or on back for 15 yards, then exit the water.

LTS 4:

____ Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.

____ Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

LTS 5:

____ Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout.

LTS 6:

____ Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout

LTS 6:

____ 100 Yards of Freestyle

____ 50 Yards Breaststroke

____ 50 Yards Backstroke

____ 25 Yards Butterfly

Adults: Test through LTS LEVELS mark equivalent level