

# MISS ANNA'S SWIM SCHOOL



Miss Anna's Swim School is excited to offer swim lessons again in 2011! We offer a comprehensive three-week swim program for your child, beginning at age two or three. Classes meet daily, Monday through Friday, for 30 minutes and include a maximum 5:1 student: teacher ratio. Additionally, an assistant instructor remains in the pool to further ensure that maximum safety and training standards are maintained.

Students are grouped by age and ability. Each level has a daily lesson plan and individual goals are set for each child. Our indoor pool temperature is a consistent 85 degree and parking is plentiful. We also have a classroom where parents and siblings are welcome to wait during lessons.

Sessions are available at our Cool Springs and Nashville locations (see schedule for details). Please complete the included application and return promptly to ensure your spot as classes fill quickly.

We look forward to seeing you soon!

Elizabeth and Steve Slattery  
Miss Anna's Swim School

**LEVEL 1 - BEGINNERS (AGES 2-5)****LEVEL II - ADVANCED BEGINNERS (AGES 3-5)**

**Description:** Our approach in teaching young children to swim is one of encouragement and development. For first year students, our primary goal is to teach a child how to return to the side of the pool safely if he or she should fall into the pool. Advanced beginners will learn to swim 8-10 feet and take a breath.

**Prerequisites & Class Size:**

- Age 2 by March of current year
- Maximum of 4 or 5 students per class
- One teacher and one assistant
- Three weeks required
- Children may remain at this level for two years.
- Advanced beginners are children who have taken the Level I course and are not ready for intermediate classes due to age or swimming ability.

**LEVEL III INTERMEDIATE (AGES 4-7)**

**Description:** The intermediate program focuses on fundamentals, including proper breathing, kicking and form in order to ensure success as the student progresses to learning strokes. The more advanced and older intermediate students are taught diving, freestyle, backstroke and breaststroke.

**Prerequisites & Class sizes:**

- Age 4 by March of current year
- Completed at least one year of beginner class
- 4-5 students per class
- One teacher and one assistant
- Three weeks required

**Additional Considerations:**

Some older students who would qualify for the advanced class should consider signing up for the intermediate class if they have had little or no formal swimming lessons or if they are not physically or emotionally ready for the advanced classes. The intermediate class provides focused individual attention.

**LEVEL IV - BEGINNER/ADVANCED (AGES 5-8)****LEVEL V - ADVANCED (AGES 8-10)**

**Description:** These classes teach all strokes, including freestyle, breaststroke, backstroke, and butterfly, diving and racing turns, and treading water over the course of a three-week lesson plan. In addition to technique, these classes build a child's endurance, perseverance, confidence, and love of swimming. We have found that many children perform well on swim teams following this training and have an opportunity to focus on specific skills to improve their success in the swim team environment.

**Prerequisites & Class Sizes:**

- Age 5 by March of current year.
- Child should be able to swim the length of the pool using proper arm strokes, kicking and breathing (i.e., humming bubbles under the water out of his/her nose)
- Child should be able to float on his/her back
- 5-7 students per class
- One teacher
- 30 or 40 minute class
- One, two or three weeks

**Additional Considerations:**

These classes are best suited for children ages 6-10 with several years of formal swimming lessons. Advanced students may take lessons for one, two, or three weeks. I recommend that 5-8 year olds take for at least two weeks and for three weeks if possible. Last year, many students who signed up for one or two weeks ultimately wanted to take the full session because they enjoyed it so much and, in most cases, the children needed additional training. The class is based on a three-week lesson plan.

**Additional Courses Offered (Dates TBA):**

- Youth Beginners (Ages 6-17)
- Adult Beginner (Novice – No ability to swim)
- Adult Beginner (Experienced – swims w/ no formal training; Stroke Clinic Only)

**STEP 1: CHOOSE A SESSION**

Classes are taught between 9:00 AM and 6:30 PM, Monday-Friday. 30 minutes each.

**COOL SPRINGS LOCATION**

#	DATES	DURATION	COST
1	MARCH 28 - APRIL 15	3 WEEKS	\$365
2	APRIL 18 - MAY 6	3 WEEKS	\$365
3	MAY 9 - MAY 27	3 WEEKS	\$365

**COOL SPRINGS & NASHVILLE LOCATION**

4	JUNE 6 - JUNE 24	3 WEEKS	\$365
5	JUNE 27 - JULY 15 (NO CLASS JULY 4)	3 WEEKS	\$365
6	JULY 18 - JULY 22	1 WEEK	\$140
7	JULY 25 - JULY 29	1 WEEK	\$140

1st Choice: Session # \_\_\_\_\_

2nd Choice: Session # \_\_\_\_\_

Please select your session carefully since **No Refunds or Make-Ups** will be given for missed classes.

**COOL SPRINGS LOCATION**

Bluewater Scuba  
320 Mallory Station Rd  
Franklin, TN 37067

**NASHVILLE LOCATION**

Westside Athletic Club  
11 Vaughns Gap Rd  
Nashville, TN 37205

**STEP 2: CHOOSE A TIME**

Rank your Top 5 Choices. 1 being your first choice, 5 being your last choice.

1	2	3	4	5
RANK				RANK
	9:00 - 9:30		2:00 - 2:30	
	9:30 - 10:00		2:30 - 3:00	
	10:00 - 10:30		3:00 - 3:30	
	10:30 - 11:00		3:30 - 4:00	
	11:00 - 11:30		4:00 - 4:30	
	11:30 - 12:00		4:30 - 5:00	
	12:00 - 12:30		5:00 - 5:30	
	12:30 - 1:00		5:30 - 6:00	
	1:00 - 1:30		6:00 - 6:30	
	1:30 - 2:00			

**STEP 3: STUDENT INFO**

Name: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Male/Female \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ (Home/Work)

Phone: \_\_\_\_\_ (Cell)

Email: \_\_\_\_\_

School or MDO Program: \_\_\_\_\_

**PREVIOUS SWIMMING EXPERIENCE**

Date of last lesson: \_\_\_\_\_

Taken w/ Miss Anna's: \_\_\_\_\_ (Y/N)

**SWIMMING LEVEL**

Circle One: I - Beginner II - Adv. Beginner  
III - Intermediate IV - Beg. Advanced  
V - Advanced

Detail your child's swimming experience (e.g. puts face in the water, will go under water, etc.)

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Detail any concerns or suggestions regarding your child's class placement:

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