

Swim Lessons

From beginner to a Champion



- Year round program
- Swimming for all levels of skills and ages
- Learn, swim, and have fun



E-town Dolphins Swim Program

Group Swim Lessons (5 & older)

Level 1 – “Terrific Turtles”
water adaptation



Level 2 – “Goofy Goldfishes”
kicking



Level 3 – “Super Stingrays”
crawl stroke (freestyle)



Level 4 – “Spectacular Seals”
backstroke



Level 5 – “Dynamic Dolphins”
breaststroke & butterfly



NEW

Level 6 (for 11 and over) – for the swimmers who wants to improve their technique and endurance. Perfect for High School swimmers and adults.

- Lessons for levels 1-5 are Monday thru Thursday, 30 minutes long.
- Lessons for level 6 are Monday thru Thursday, 60 minutes long.
- Price: \$85/month.
- Lessons are at TK Middle School indoor pool.

Schedule (starting times):

Levels 1 and 2 only:

- March 1st-April 29th: 3:00pm, 3:30pm

Levels 1-5:

- May 3rd-28th:
5:30pm, 6:00pm, 6:30pm, 7:00pm.
- May 31st-July 29th:
10:00am, 10:30am, 5:30pm,
6:00pm, 6:30pm, 7:00pm.

Levels 6:

- May 3rd-28th: 7:30pm.
- May 31st-July 29th: 4:15pm.
- August 2nd-September 30th: 7:30pm.

Individual Swim Lessons (2 & older) - Year round

For any level of skill.

For more individual approach.

Please contact ESFC and/or Coach Mavi Sampaio for more info

For more information go to:
www.etowndolphins.com
or contact Coach Mavi Sampaio at:
coachmavi@hotmail.com
(270) 765-7946 (ext. 6)

Swimmer's Name: _____ DOB: _____
Person Filling Application: _____ Relation to Swimmer: _____
Swimmer's Address: _____ City: _____
Contact Phone: _____ Email: _____
Emergency Phone: _____

Options (please check at least one):

- a. _____ March 1st-April 28th (for levels 1 & 2 only) - \$170 first child, \$140 for 2nd and 3rd
- b. _____ May 3rd-July 29th (for all levels) - \$255 first child, \$210 for 2nd and 3rd
- c. _____ August 2nd-Sep 30th (for level 6 only) - \$170 first child, \$140 for 2nd and 3rd
- d. _____ Please bill me \$85/month until the month of _____ (First check with application)

CHECKS PAYABLE TO ESFC - NO REFUNDS

REGISTRATION FOR SWIM LESSONS

**MARCH 1ST – APRIL 15TH (Monday thru Thursday): from 3 to 4pm
and/or APRIL 17TH, SATURDAY, from 12:30pm and 2:00pm
AT TK STONE MIDDLE SCHOOL POOL
(323 Morningside Dr – back of the building)**

**Be ready to swim so we can place you in the right group, even if you have
done our swim lesson program before**

This Swim Program Membership shall only be used for the purpose of the above listed Swimmer(s) to participate in the Swimming Programs activities only. No other use of the E-town Swim & Fitness Center is stated or implied, unless otherwise directed by the ESFC Management.

In submitting this agreement in acceptance for myself, relatives, guest, and/or dependents where applicable, I recognize the potential for injury while either directly or indirectly participating in the E-town Swim & Fitness Center sponsored activities, whether these activities be formal (structured/programmed) or informal. Therefore, I hereby release and hold harmless the E-town Swim & Fitness Center, USA/USS Swimming, Elizabethtown Independent School District, Elizabethtown Swim Team Inc., Kentucky Swimming Inc., and their respective ownership, management, staff, and volunteers from any responsibility for damages suffered in connection with any of the facilities in any way.

MEDICAL TREATMENT RELEASE

I further agree to allow the PROGRAM or its designated representative to give consent, in my absence, to any and all medical facilities, hospitals, and physicians, to provide any reasonable medical treatment that might be required by the PARTICIPANT. I here by release the above referenced individuals and institutions from any liability for accepting the consent of the PROGRAM in lieu of my personal consent. The PROGRAM will make a reasonable effort to contact me in case of an accident or injury, but that effort to contact does not have to be before seeking, obtaining, or giving consent, for medical treatment.

Signature _____

Print name _____

Date _____