**Swim Surf Survive is offering Swim Lessons @ South End Racquet & Health Club**

**2800 Skypark Drive, Torrance, CA 90503**

**Spring/Summer 2023**

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| SaturdayClasseswithCoach Vianne | Levels 1 & 2 | Session 1: June 3,10,17,24Session 2: July 1,8,15,22 Session 3: Aug 5,12,19,26 | 10:00 Private 10:30 Private 11:00 Group 11:30 Group  | $200 4 Private Lessons$160 4 Group Lessons |

\*$40 additional fee for Non Club Members\*

Private lessons are 1:1 with your instructor. Group lessons will be 2-4 per instructor.

Swimmers learn the following skills in the levels below. **Please sign your child up for the appropriate level.** (For example, if your swimmer can float but is unable to swim freestyle, they would be in Level 2) If you’re unsure of your child’s level, choose the lower level.

**Level 1** – Basic safety rules, blow bubbles, submerge face, float on back and front, glide.
**Level 2** - Streamline kick front and back, kickboard kick, beginning Freestyle (15 yds), surface dive to 4’.

**Level 3** - Freestyle and Backstroke kick and strokes (25yds), surface diving to 7’, jumps from edge, begin treading water.
**Level 4** - Freestyle and Backstroke endurance (50yrds), beginning Breaststroke & Butterfly, treading water, dives, turns.

**PAYMENT IS DUE UPON SIGNUP!**

**There are NO CANCELLATIONS, NO MAKEUP CLASSES**and **NO REFUNDS** after your registration is confirmed.

Bring a towel, goggles and swim cap for long hair.

Space is limited. Please follow this link to sign up: https://bookeo.com/swimsurfsurvive

Thank you for your registration. We look forward to swimming with you!