

NOVASouth Swim Lessons

Register Online:

1. Go to www.novasouthswim.org
2. Select "Click here to Register"
3. Select Lessons as your groups AND select the class/time you would like:

9:10 Beginner, 9:10 Intermediate, 10:00 Advanced

Or

7:00 PM Beginner, 7:00 PM Intermediate/Advanced

4. Fill out online registration and payment to secure your spot

What:

NOVASouth is offering swim lessons for swimmers 3-8 years old. Skills are progressively taught to get the swimmer prepared for learning competitive swimming skills. We have very low swimmer to instructor ratios, multiple class times, and a great program. If you need a different day or different time, we can try to accommodate!

We will offer classes based on ages and interest.

Where:

Meadowville Landing Pool from 6/17-8/8

Who:

Beginner:

This class is for younger children or those with a fear of the water or parent separation anxiety. The instructors will spend more time introducing concepts like blowing bubbles, kicking, entering/exiting, and general comfort.

Intermediate:

This class is for children that are comfortable in the water and being left with instructors for the duration of class. The instructors will spend time working on learning body position of freestyle and backstroke, kicking with a kickboard, blowing bubbles, putting their face in the water, and working towards learning the strokes.

Advanced:

The instructors will spend time working on learning to swim freestyle and backstroke and putting those individual pieces together: face in the water, blowing bubbles, kicking, and pulling. They are working towards being able to swim independently.

When:

From 6/17-8/8 we will have swim lessons at the Meadowville Landing Pool either Monday+Wednesday evenings or Monday-Thursday mornings.

Evenings, Mon+Wed -2x/week

7:00-7:45 PM Beginner/Intermediate/Advanced depending on interest

AND Mornings, Monday-Thursday -4x/week

9:10-9:55 AM Beginner: Ages 3-5

9:10-9:55 AM Intermediate: Ages 5-7

10:00-10:45 AM Advanced: Ages 6-8

Session 1: June 17-July 11

Session 2: July 15-August 8

Cost:

Evening classes- \$80/session

Morning classes- \$150/session

Why:

Swimming is a life saving skill that every child needs to learn, being a competent strong swimmer gives every parent and child confidence and safety when around water. It also gives them the confidence and opportunity to pursue water sports both competitively and recreationally as they grow up.

*Sessions may be signed up for individually, missed class due to inclement weather may not be able to be made up, all classes have a minimum requirement to run

Questions or Comments:

Please contact Lauren Waterworth-
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