

Lessons

Our talented staff of instructors and coaches provides swim instruction to a wide range of learners. Below is a brief description of each of our lesson types.

Learn-to-Swim Lessons

Clients are usually children age 2-8 who are learning basic skills meant to help them navigate the pools more safely. Many already know some basics and now want to be more efficient in the water, perhaps learn the strokes. 30-minute Private, Semi-Private* and Group* lessons offered Monday through Saturday. Online booking.

Adult Swim Lessons

These adults are either summoning their courage after years of 'wanting to swim' but not taking the plunge, or they know how to get across the pool just not without being winded and having their form fall apart. 30-minute Private lessons by appointment.

Lessons for Competitive Swimmers

Clients are swimmers who have demonstrated an ability to swim each of the four competitive strokes and who would like instruction from a professional coach focusing on proper technique, increased efficiency, racing strategies and starts & turns. Often swimmers are on the year-round team or are preparing for a team (summer, high school). Lessons are also for adults preparing for masters, triathlons or open water events. Video analysis can be provided for an additional fee. 30-minute Private and Semi-Private* lessons by appointment.

Synchronized Swim Lessons

Clients have some experience with the sport of 'Synchro' and are looking for specialized instruction to prepare them for Alpine's spring and summer synchro camps, or for a local team. 30 to 60-minute Private, Semi-Private* and Group lessons* on Saturdays by appointment.

Summer Swim School (Summer 2016)

SSS is a weekly half-day program for children age 3-5 that focuses on promoting safe and fun aquatic recreation, while learning to swim. Days consist of a 30-minute group lesson as well as 45 minutes of organized water games. Participants will enjoy a snack and have daily activity/craft time.

*Semi-Private and Group lesson participants are arranged by the client, not the Club.

Who teaches the lessons?

Our instructors and coaches come from diverse aquatic and teaching backgrounds. With decades of combined experience each brings a unique perspective to the fun of learning to swim. You can find instructor bios at www.alpinehills.us.

To Sign Up

- ❖ Return a Registration Form to the Aquatics Department or Main Office.
- ❖ For Learn-to-Swim or Adult Swim Lessons visit www.alpinehills.us to book a day/time/instructor.
- ❖ For all other types of lessons, contact rodney@alpinehills.us
- ❖ Non-Member fees are paid by credit card (*see authorization form*)

Lesson Rates

Learn-to-Swim Lessons	Member 30-min Private \$35 30-min Semi \$20 30-min Group \$13	Non-Member 30-min Private \$43 30-min Semi \$27 30-min Group \$17
Adult Swim Lessons	Member 30-min Private \$37 30-min Semi \$22	Non-Member 30-min Private \$45 30-min Semi \$29
Lessons for Competitive Swimmers	Member 30-min Private \$38 30-min Semi \$23 <i>Video add 20%</i>	Non-Member 30-min Private \$46 30-min Semi \$30 <i>Video add 20%</i>
Synchro	Member 30-min Private \$38 30-min Semi \$23 30-min Group \$16pp	Non-Member 30-min Private \$46 30-min Semi \$30 30-min Group \$21pp
Summer Swim School	Member \$190 per week	Non-Member \$250 per week

Reminder to Non-Members

Non-Members may participate in some programs at the Club. The pools and locker room facilities may be used by the program participant only. Participants are expected to arrive shortly before, and depart shortly after, their scheduled program. Non-Members fees are paid by credit card (*see authorization form*). Non-members may not use other pools or club facilities outside of the program time. Alpine Hills thanks you for your cooperation.

Swim Lesson Registration Form

Parent/Guardian Name		
Address		
Member #	Primary Phone	Email

Swimmer Name	DOB	Yrs Experience	Lesson Type
Special Considerations			

Swimmer Name	DOB	Yrs Experience	Lesson Type
Special Considerations			

Policies

- ❖ Lessons are taught rain or shine.
- ❖ 24 hours notice via www.alpinehills.us is required for cancellations. No-shows and cancellations made with less than 24 hours notice will be charged.
- ❖ Instructors will use the above email address to communicate schedule changes.
- ❖ Charges will appear on monthly Alpine Hills statement. Non-Members pay by credit card (see attached authorization form).
- ❖ Non-members may participate in some programs at the Club. The pools and locker room facilities may be used by the program participant only. Participants are expected to arrive shortly before, and depart shortly after, their scheduled program. Non-members may not use other pools or club facilities outside of the program time.

If the participant is a minor child, the undersigned represents that he or she is the legal guardian of said minor children. As the legal guardian of the above participant I understand that any athletic activities have inherent risks and that these risks are part of the programs. Any and all injuries and costs associated with those injuries will be the sole responsibility of the student's guardian regardless of fault, and by signing below you agree to hold harmless Alpine Hills Tennis and Swimming Club, all teaching professionals and staff associated with our programs.

Parent/Guardian Signature _____

Date _____



Non Member Registration & Credit Card Authorization

Official Use Only:

****Non-members are welcome to participate in *some* programs at Alpine Hills.

In order to participate, the club requires a Credit Card Authorization Form and Email Address on file.

Parent/Guardian Name(s):					
<input checked="" type="checkbox"/> Please Check: <input type="checkbox"/> USTA League <input type="checkbox"/> Adult Tennis Program <input type="checkbox"/> JR. Tennis Program <input type="checkbox"/> Tennis Private Lessons <input type="checkbox"/> Fitness Program <input type="checkbox"/> Personal Training <input type="checkbox"/> Aquatics Program <input type="checkbox"/> Swimming Private Lessons					
Address:			Email: **REQUIRED to receive e-mailed monthly statement**		
City:					
State/Zip:					
Primary Phone:			Cell Phone:		
Participant(s) Name:	Gender	Birth Date	Participant(s) Name:	Gender	Birth Date
Credit Card Authorization					
Credit Card Type: ___ MasterCard ___ Visa			Card Number:		
Cardholder Name:			Expiration Date:		
Complete Billing Address:			Card ID #: (3 digits located on back of Card)		
City:					
State/Zip:					

Policies: Non-member program participants are expected to arrive shortly before, and depart shortly after, the scheduled program. The pools and locker room facilities may be used by the swim participants only. For Private Lessons a 24hr notice is required for cancellations. No-shows and cancellations made with less than 24 hour notice will be charged.

Waiver: If the participant is a minor child, the undersigned represents that he or she is the legal guardian of said minor children. As the legal guardian of the above participant(s) I understand that any athletic activities have inherent risks and that these risks are part of the programs. Any and all injuries and costs associated with those injuries will be the sole responsibility of the student's guardian regardless of fault, and by signing below you agree to hold harmless Alpine Hills Tennis and Swimming Club, all teaching professionals and staff associated with our programs.

Dated: _____ Signature: _____ Print Name: _____

CREDIT CARD POLICIES & AUTHORIZATION:

Alpine Hills will send Electronic Statements to the email address provided on the 2nd day of the month. The Electronic Statements are for your information ONLY. All charges on your Electronic Statement are for participation in programs in the month prior. Alpine Hills will charge the 'Balance Due' amount from your Credit Card on or about the 10th day of the month.

By signing below I am authorizing Alpine Hills Tennis and Swimming Club to charge the total amount for all charges incurred, by any family member, to my credit card provided herein. I understand that to receive a monthly statement of these charges before my card is debited on or about the 10th day of the month, I must provide a current e-mail address. I agree that I will pay for the programs and/or activities in accordance with the issuing bank cardholder agreement.

Dated: _____ Signature: _____ Print Name: _____