



Miss Anna's Swim School is excited to offer swim lessons again in 2012! 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 82 degrees and parking is plentiful. We also have a waiting room and 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 & Steve Slattery
Miss Anna's Swim School

LEVEL I - 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 12 - MARCH 30	3 WEEKS	\$365
2	APRIL 16 - MAY 4	3 WEEKS	\$365
3	MAY 7 - MAY 25	3 WEEKS	\$365

COOL SPRINGS & NASHVILLE LOCATION			
#	DATES	DURATION	COST
4	JUNE 4 - JUNE 22	3 WEEKS	\$365
5	JUNE 25 - JULY 13 (NO CLASS JULY 4)	3 WEEKS	\$365
6	JULY 16 - JULY 20	1 WEEK	\$140
7	JULY 23 - JULY 27	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.

We are once again partnering with Westside Athletic Club in Nashville. Lessons are held in the outdoor pool in June & July.

Please circle your location choice.	
COOL SPRINGS LOCATION	NASHVILLE LOCATION
Bluewater Scuba 320 Mallory Station Rd Franklin, TN 37067	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.

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.)

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

STEP 4: LIABILITY RELEASE

I, the undersigned parent or legal guardian of a minor child under 18 years of age, consent to my child participating in Miss Anna's Swim School and understand that my child will be engaging in physical activity during the Swim School which contains inherent risk of physical injury. I represent that my child is in good physical condition and is able to participate fully in Swim School activities. I assume the risk and release and hold harmless Miss Anna's Swim School and Ameradive, LLC, dba Bluewater Scuba, its officers, agents, employees, including all persons employed or hired by Miss Anna's or Bluewater Scuba, from any and all liability for personal injury or property damage arising out of my child's participation in the Swim School.

Signature: _____
(Parent or Guardian) Date: _____

STEP 5: PAYMENT

Please make checks payable to Miss Anna's Swim School and send the completed application with your check to:

Elizabeth Slattery
Miss Anna's Swim School
320 Mallory Station Rd.
Franklin, TN 37067

Please contact Elizabeth Slattery at 615-308-0209 or Elizabeth@bluewaterscuba.com if you have any questions or concerns.

REFERRAL

Please list the names and contact info of any friends who may be interested in swim lessons:

ADDITIONAL INFORMATION

Would you like to be informed when special training and/or events are going to be held? _____ (Y/N)

Please check if any of the following would be of interest to you:

- ___ Adult Swim Classes ___ Scuba Certification
- ___ Winter Swimming ___ Children's Swim Parties