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## Little Viking Swim LESSONS Info Sheet

### LESSONS (age 4-12):

Monday	Tuesday	Thursday
5:00-5:35pm	5:00-5:35pm	5:00-5:35pm
5:45-6:20pm	5:45-6:20pm	5:45-6:20pm

Note: All classes take place at the Webb City High School Pool in lane 1.

**LESSONS Parents:** We want your swimmer to have the best experience possible as a member of Berzerker Swimming and our Little Viking Swim School. Here is what you need to know about our LESSONS program.

- OVERVIEW:** Little Viking Swim Lessons is our "learn to swim" group for ages 4-12. These classes often have a waiting list as we try to keep our classes small and aim for a 5:1 student to teacher ratio. We use a 4-station system that can help your child progress all the way from "afraid of the water" to "jumping from the diving board!". This program is designed for a couple of different types of beginner-level swimmers: 1. swimmers who are still learning to put their faces in the water, blow bubbles and kick but cannot yet swim independently, and 2. swimmers who are able to already swim a few feet and can take a breath without stopping, but still need a teacher in the water with them. One of the goals of the swim school program is to get your child ready to swim independently in our deep end diving well, which is the basic requirement to join our PREP Team, but we know that not all families come to us looking for a swim team experience. Our number one focus is safety. **We believe that all children should learn to be safe swimmers.** We focus on teaching your child to be safe around water so that they can enjoy aquatic activities forever.
- CLASS DURATION:** Lessons classes are scheduled at 35 minutes long. Please expect your child to spend a full 35 minutes in the water. After the lesson has ended, please feel free to discuss your child's progress with his or her instructor. Communication is key!
- DUES:** Lessons swimmers each have a **\$7** annual insurance fee due upon registration. This fee covers the fiscal year September-August. Lessons swimmers also have a session fee.  
 Fall session Sept 4- Dec 14-----\$100  
 Winter session Jan 7-March 15-----\$75  
 Spring/Summer April 1-July 26---- \$100
- EQUIPMENT:** Lessons swimmers are expected to have their own pair of goggles. Sometimes we have a few spare pairs of goggles at the pool, but we generally rely on you to bring goggles with your swimmer to each lesson.
- MOVING FROM LESSONS TO A PREP CLASS** happens when you successfully complete the checklist criteria for our LESSONS program. Our instructors will keep track of your child's progress and will let you know if your child is ready to advance to our PREP program. PREP swimmers practice in the deep-end diving well. Prep classes are similar to Lessons classes, in that we try to keep the swimmer-to-teacher ratio small (7-to-1), and we focus on skill-building and lots of fun exercises to help your child learn how to be a life-long swimmer.