

# SWIMMING LESSONS

FOR PRESCHOOL & UP

Weeks of September 1, 2020–May 27, 2021

\$12 per week

\$25 registration fee due with application

The Quentin Road Instructors use a skill based program referencing the YMCA and the American Red Cross as guidelines for our swimming lessons.

Class size is limited to 4 to 1 for Preschool, and 6 to 1 for Kindergarten and up. We have a minimum of 2 Lifeguard Certified Instructors and an additional Lifeguard at poolside at each lesson. If their swim lesson is during their scheduled school day, they will be accompanied to and from the pool area.

Swimming lessons will be filled on a first come, first served basis.

**No Lessons the weeks of November 23, December 7, December 14, December 21, December 28, and March 22**

- 30 minute lessons [plus 15 minutes before and after lesson to change & shower—no time to wash and dry hair]
- Tuesdays 1pm–3pm
- Wednesdays 1pm–3pm (October 14–April 7 only)
- Thursdays 1pm–4:15pm (3pm–4:15pm for Kind & Up only)
- Children need to be potty trained.
- Absentees are not eligible for refunds or make up lessons.
- See [www.qrcp.org](http://www.qrcp.org) for details on swimming lesson skills

## Checklist:

- a separate swim bag, no plastic grocery bags
- a modest one piece bathing suit
- a towel
- a comb or brush
- long hair must be tied back
- goggles with your child's name on them (not required, but recommended)
- swim shoes (not required, but recommended)



Register at [qrcp.org](http://qrcp.org)

We do require a three week written notice for all schedule changes and cancellations.