

SWIMMING LESSONS

Hawaiian Falls - The Colony is offering swimming lessons for children 6 months to 12 years. We have a 1 to 5 instructor to child ratio giving us the opportunity to personalize the needs to your child.

Why learn to swim?

- Generates confidence in and around the water
- Develops fundamental physical skills of balance and coordination, kinesthetic awareness and control
- Enables physical activity in the water for a fun safe time
- Provides the opportunity to take up other aquatic activity
- Is a potential life saver. Without a level of comfort, basic ability in the water and knowledge of safety procedures, drowning is an ever present possibility.



The Colony Swim Lesson Schedule

- 1st Session: June 8 - June 18
- 2nd Session: June 22 - July 2
- 3rd Session: July 6- July 16
- 4th Session: July 20 - July 30
- 5th Session: August 3 - August 13



Pricing:

- \$60 Per Session
- Multiple Session Discount
- Multiple Children Discount
- *Early admission to Water Park (with purchase of a Day or Season Pass)

Levels and Goals:

- P/c – Mini-fish: Acquiring a sense of comfort in the water by safe entries, blowing bubbles, assisted floating, noticeable motor skills and spatial awareness development.
- 1 – Pollywogs: Gain confidence and competence in the pool environment including submersion and breath control through the surface, retain basic knowledge of safety rules and increase water safety awareness.
- 2 – Guppies: Develop confidence and competence in floating, gliding, kicking and arm action on front and back, and to be introduced to horizontal rotation, retain basic knowledge of safety rules and increase water safety awareness.
- 3 – Star-fish: Develop independent Front Crawl and Back Crawl swimming skills, introduce Breaststroke and Butterfly movements, retain basic knowledge of safety rules and increase water safety awareness.
- 4 – Flying-fish: Develop endurance in Front Crawl, Back Crawl and Breaststroke swimming with increasingly improving technique, retain basic knowledge of safety rules and increase water safety awareness.

Each session will run 8 days, Monday thru Thursday from 9:00am to 9:40am and includes:

- Opening Circle
- Warm-up
- 3 Skills of Focus
- Game
- Closing Circle
- Different fun filled theme each day!

Fill out this form and drop it off at the The Colony front window or contact Michelle Mann at michellem@hfalls.com with questions or to enroll.



Parent/Guardian: _____ Phone #: _____

Email Address: _____

Child: _____ Birthday: _____ Age: _____

2nd Child: _____ Birthday: _____ Age: _____

Emergency Contact: _____ Phone #: _____