



Americus Blue Tide Swimming Lessons



“Building Excellent People Through
Excellence in Swimming”



Registration: (please check appropriate box)

One on One lessons:

\$130 for eight half hour lessons, Mon. through Thurs.
Call for available times and dates

Small Group lessons: (age 5 and older)

\$80 for eight half hour lessons, Mon. through Thurs. for two weeks

Progression System: Check the highest level of swimming ability of the person taking lessons . . .

- | | | |
|---|---|---|
| <input type="checkbox"/> Station 1 - non swimmer | <input type="checkbox"/> Station 2 - ability to place head underwater | <input type="checkbox"/> Station 3 - front float / back float |
| <input type="checkbox"/> Station 4 - front float & kick / back float & kick | <input type="checkbox"/> Station 5 - crawl arm stroke, no breathing | <input type="checkbox"/> Station 6 - crawl arm stroke, with breathing |

Child's Name: _____ Sex: _____ Age: _____ E-mail: _____

Address: _____

Parents' Names: _____

Phone (Home): _____ (Work): _____

Make payment to:

Tim DeMott
c/o Americus Blue Tide
144 Columbia Avenue
Americus, GA 31709

Americus Blue Tide Swim Lesson Advancement Goals

Level 1: Bubbles – non swimmers become comfortable in the water and learn to do 10 relaxed bobs.

Level 2: Floats and Glides – to pass this level, swimmers must perform both a front and back glide for 5 seconds each.

Level 3: Kicking – flutter kicking on the front and back are learned in this level.

Level 4: Crawl Stroke – swimmers learn to coordinate arm and leg movements in order to swim crawl stroke for 20 feet.

Level 5: Freestyle – crawl stroke with breathing with a minimum of four breaths.

Level 6: Backstroke – swimmers learn to perform backstroke and to tread water for one minute.

Advanced instruction beyond level 6 is available as part of our year-round or summer competitive swimming program.

For more information call

Tim DeMott at (229) 924-3863.

How long will it take to learn to swim? Like learning to play the piano, after learning the fundamental skills, your child's progress depends on the amount of time they practice.



Beginners are first introduced to the important skill of air exchange in the water (bobbing with bubbles). It may take 20 or more lessons for beginners to learn the basic skills of floating, kicking, returning to the wall and rolling over on their back to breathe.



Our goal is to teach your child to swim skillfully and safely. Learning a good freestyle stroke with proper air exchange will help your child build confidence in the water and may even **save their life!**

Americus Blue Tide:
a tradition of excellence.

- 1 United States Olympian
- 8 Olympic Trials Qualifiers
- 16+ U.S. National Qualifiers
- 6 Scholastic All-Americans
- GRPA Individual Champions
- (every year for over 20 years)

Supervising Instructors

Head Coach Tim DeMott is a 1991 graduate of Iowa State University where he swam sprint freestyle for the Cyclones. He is an ASCA level 4 certified coach and has been teaching swimming for more than two decades.

Harriett Peak, our Age Group coach, has been with the Blue Tide since 1985. With her energetic and enthusiastic instruction, she has helped guide the development of many successful ABT members during her tenure.

Program Directors Tim and Harriett are both certified through the American Swimming Coaches Association (ASCA). Our staff of aquatic professionals and experienced swimmers is dedicated to providing children with quality instruction based on sound principles and the most recent techniques.

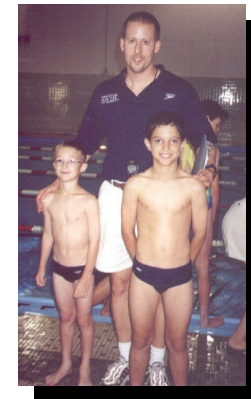
Fees

Group Lessons: \$80
eight half-hour lessons
Monday through Thursday
5 years and older
4-6 swimmers per group

One-on-One Lessons: \$130
eight half-hour lessons
Monday through Thursday

Optional Fees:

Goggles: \$3.50
Swim cap \$3.50



Coach Tim DeMott