

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:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Call with questions:

**615-308-0209**  
**missannasswimschool@gmail.com**

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, Ameradive, LLC, and **Boost FitClub** and their officers, agents, employees, including all persons employed or hired by Miss Anna's, Ameradive or Boost FitClub 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**  
**222 Page Road**  
**Nashville, TN 37205**

Please contact Elizabeth Slattery at **615-308-0209** or **missannasswimschool@gmail.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     \_\_\_ Private Swim Lessons  
\_\_\_ Winter Swimming



*It's not a membership, it's a lifestyle.*

Miss Anna's Swim School is excited to partner with **Boost FitClub** in 2015! We provide a comprehensive three-week swim program for children, beginning at age two or three. Classes meet daily, Monday through Friday, for 30 minutes and include a maximum 5:1 student/teacher ratio.

Students are grouped by age and ability. Each level has a daily lesson plan and individual goals are set for each child. Boost has a new bubble over the pool so that we will be able to offer swim lessons throughout the year. Additionally, we have a new make-up policy that provides three make-up days at the conclusion of each session to allow for missed classes due to weather, illness or other family situations.

Sessions are available at **Boost FitClub, 11 Vaughn's Gap, Nashville.** Please complete the included application and return promptly to ensure your spot as classes fill quickly. We look forward to seeing you soon!

Elizabeth Slattery  
Miss Anna's Swim School @ **Boost FitClub**

Mail applications to: Miss Anna's Swim  
222 Page Road,  
Nashville, TN 37205.

**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.

**615-308-0209**

**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)

**615-308-0209**

Session Dates and 3 make up days			
#	Dates	Duration	Cost
1	March 30 - April 17, April 20, 21, 22	3 Weeks	\$375
2	April 27 - May 15, May 18, 19, 20	3 Weeks	\$375
3	June 8 - June 26, June 29, 30, July 1	3 Weeks	\$375
4	July 6 - July 24, July 27, 28, 29	3 Weeks	\$375
1st Choice: Session # _____			
2nd Choice: Session # _____			

**Miss Anna's Swim School @**



**11 Vaughn's Gap**

**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	1:30 - 2:00	
	9:30 - 10:00	2:00 - 2:30	
	10:00 - 10:30	2:30 - 3:00	
	10:30 - 11:00	3:00 - 3:30	
	11:00 - 11:30	3:30 - 4:00	
	11:30 - 12:00	4:00 - 4:30	
	12:00 - 12:30	4:30 - 5:00	
	12:30 - 1:00	5:00 - 5:30	
	1:00 - 1:30	5:30 - 6:00	