

Mountain Valley Fitness and Health

SWIM LESSONS

PERSONAL INFORMATION

Participant's Name: _____ Participant's Gender: F M Participant's Age: _____

Parent/Guardian Name (if applicable): _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: (_____) _____ Cell Phone: (_____) _____

Email Address: _____

SWIM BACKGROUND

Has the participant had swim lessons before? YES NO

Is the participant afraid of the water? YES NO

Can/does the participant put their face in the water? YES NO

Does the participant know how to float? YES NO

Can the participant swim underwater? YES NO

Can the participant swim front and back crawl? YES NO

Circle all the swim strokes the participant is able to perform: BREASTSTROKE BUTTERFLY ELEMENTARY BACKSTROKE

Can the participant swim across the length of a pool without grabbing the wall? YES NO

Describe the participants swimming abilities: _____

SWIM PACKAGES

- All lessons are 30 minutes
- Packages include 8 sessions
- Private lessons-One on one lessons with instructor
 - Pricing: \$120
- Group lessons-Level based with four to six participants that client acquires
 - Member Pricing: \$60

Please select which lessons you are wanting:

___ Private Lessons

___ Group Lessons

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PROGRAM & PAYMENT POLICIES

Initials

- Payment in FULL is due at the first lesson.

- Cancellation policy: 24 hour notice must be given to avoid being charged for the lesson. Up to one reschedules allowed for each package.

- Mountain Valley Fitness and Health is not responsible for lost or stolen items.

- Please arrive a few minutes before the first lesson to speak with the instructor.

- Parents are advised to drop-off of their child participants **immediately** prior to the start time of lessons and picked up **immediately** at duration. Mountain Valley Fitness and does not provide supervision for child participants outside of scheduled lesson times.

- All participants and visitors must abide by Mountain Valley Fitness and Health Swimming Pool and Fitness rules.

OFFICE USE ONLY

Package Purchased:

Private Lesson

Member Pricing: \$120

Group lessons

Member Pricing: \$60

Parent Contacts:

- 1) Date Called: _____ Time Called: _____ Spoke with Parent Left Voicemail No Answer
Reason _____
- 2) Date Called: _____ Time Called: _____ Spoke with Parent Left Voicemail No Answer
Reason _____
- 3) Date Called: _____ Time Called: _____ Spoke with Parent Left Voicemail No Answer
Reason _____

Lesson Dates:

- | | | | | |
|-----------------------|--------------------|------------------------------------|--------------------------------------|------------------------------------|
| 1) Lesson Date: _____ | Lesson Time: _____ | <input type="checkbox"/> Completed | <input type="checkbox"/> Rescheduled | <input type="checkbox"/> No Showed |
| 2) Lesson Date: _____ | Lesson Time: _____ | <input type="checkbox"/> Completed | <input type="checkbox"/> Rescheduled | <input type="checkbox"/> No Showed |
| 3) Lesson Date: _____ | Lesson Time: _____ | <input type="checkbox"/> Completed | <input type="checkbox"/> Rescheduled | <input type="checkbox"/> No Showed |
| 4) Lesson Date: _____ | Lesson Time: _____ | <input type="checkbox"/> Completed | <input type="checkbox"/> Rescheduled | <input type="checkbox"/> No Showed |
| 5) Lesson Date: _____ | Lesson Time: _____ | <input type="checkbox"/> Completed | <input type="checkbox"/> Rescheduled | <input type="checkbox"/> No Showed |
| 6) Lesson Date: _____ | Lesson Time: _____ | <input type="checkbox"/> Completed | <input type="checkbox"/> Rescheduled | <input type="checkbox"/> No Showed |
| 7) Lesson Date: _____ | Lesson Time: _____ | <input type="checkbox"/> Completed | <input type="checkbox"/> Rescheduled | <input type="checkbox"/> No Showed |
| 8) Lesson Date: _____ | Lesson Time: _____ | <input type="checkbox"/> Completed | <input type="checkbox"/> Rescheduled | <input type="checkbox"/> No Showed |
- 1) Rescheduled Date: _____ Lesson Time: _____ Completed Rescheduled No Showed

Notes:
