

SWIMMING LESSONS
DARLINGTON COUNTRY CLUB
2022

For those of you who don't know me, my name is Lillian Brunson. I am a swimming instructor with forty-eight years of experience. I will be teaching again this summer.

The dates for each session are outlined below. Each session lasts for six days. In the event of inclement weather, lessons will be made up.

Session 1: Monday, June 13th- June 17th and June 20th

Session 2: Monday, July 11th - July 15th and July 18th

Session 3: Monday, July 25th- July 29th and August 1st (Tentative)

Fees: \$60.00 per child per session for MEMBERS of the Darlington Country Club.

\$75.00 per child per session for NONMEMBERS

****** All money is due on the first night of class. All checks should be made out to Lillian Brunson. Cash is always welcome.***

Please call me for more information and/or to register for classes. My phone number is 843-393-7233. I have an answering machine. If I am not at home, please leave a message and I will return your call. All students must be preregistered.

There is a strong emphasis on safety in all classes. I teach everything from Toddler Beginner to Advanced Swimmer. I teach all ages from babies to adults. The levels are outlined below:

Toddler Beginner: This class is for children under the age of four and their parents, grandparents, or other trusted adults. I teach the parent and the child together through a variety of activities designed to make learning to swim a fun experience for the children. Parents will learn ways to work with your child outside of formal swimming lessons. I have found ages two and three to be an ideal time to begin swimming instruction.

Beginner's That Swim: This class is for children between the ages of three and five who are already swimming. Most of these children started with me as babies so they are not beginners, but they are not old enough to handle the requirements of Advanced Beginner. We work mostly in deep water. The goal is for children to be totally comfortable in deep water. This class also moves faster than a typical beginner class.

Beginners: This class is for children ages four and up who swim very little, or not at all. Instruction will be given in the basics of swimming. Approximately half of the class time will be spent in shallow water. The goal is for the child to swim comfortably and safely in deep water.

Advanced Beginner: This class is for children ages six and up who have successfully completed a beginner class. Students must be comfortable in deep water. Instruction will be given for the American Crawl (Freestyle) and the Elementary Backstroke. Students will also be taught Survival Skills for Deep Water, and Diving.

Intermediate: This class is usually for children between the ages of eight and ten. We work on perfecting the strokes learned in Advanced Beginner. Two new strokes are introduced, the Side Stroke, and the Breast Stroke.

Swimmer/ Advanced Swimmer: This class is for serious swimming students. Most of these students are interested in becoming lifeguards or swimming competitively. These students are usually between the ages of 11 and 14. We work on perfecting all strokes learned up to this point. We add the Overarm Sidestroke, the Back Crawl, and the Inverted Breaststroke. These students will continue to practice diving. We will also add surface dives and disrobing, which are both Lifesaving Skills.

Adult Classes: Adult classes can be tailored to the needs of each individual student. I offer classes in the basics for Beginners as well as advanced classes with an emphasis on learning all the different strokes.

SWIMMING is an ABSOLUTELY AWESOME skill. It is most importantly a safety issue, but it is also a social skill. Swimming is one of the best whole- body exercises. Swimming is also easy on your joints as you get older. It is a skill you can use and enjoy for all of your life. All you need is a bathing suit and some water! Swimming also keeps you cool when it's hot outside! Swimming is relaxing! Being in the water helps relieve the tensions and stresses of the day. Swimming also promotes a good night's sleep and is lots of just plain old-fashioned fun!

I am looking forward to seeing YOU in the water!

Ms. Lillian