



LEARN TO SWIM AT HILLSIDE

Hillside Swim Lessons are back for 2023!

Our lessons are designed to help any level swimmer, whether at the start of their swimming journey or improving technique as an intermediate swimmer. Each lesson will be given by a certified instructor & give students an opportunity to learn at their pace in a structured format. Hillside has a rich history in swimming & we look to continue to build on that strong foundation. So, sign up & schedule a lesson today!

*Lessons are sold in books of 4 tickets at \$100 per book (\$25 per lesson)

*Each ticket can be redeemed for a 30 min lesson with a Coach or Senior Team member (3 swimmers per instructor max)

Gratuities Welcomed At Your Discretion

*Lessons MUST be booked in advance and will be 11:30am – 12pm on the following dates:
6/19, 6/26, 6/27, 6/28, 6/29, 6/30, 7/3, 7/5, 7/7, 7/11, 7/12, 7/17, 7/19, 7/20, 7/24, 7/25, 7/26

*Multiple lesson books can be purchased

*Please book your lesson by e-mailing the following:

Your full name & cell phone #, the swimmers full name, age & level (see below), and preferred dates to: tarabkelly@gmail.com

*Lesson payments must be made when booking via Venmo @Kris-Sjolander

Beginner Level – No experience necessary, focus on overcoming fear, floating and submerging

Intermediate Level – Must be able to submerge & exhale comfortably. Also, able to easily float on back & belly

Advanced Level – Ability to kick in a streamline at surface for 20ft

