

OLYMPUS AQUATICS

SUMMER SWIMMING LESSONS



Olympus Aquatics is excited to offer Beginner, Advanced Beginner, Intermediate, Stroke Development, Combination, and Competitive Technique swimming lessons! Olympus Aquatics swimming lessons progressively build safe and confident swimmers prepared for the next level of swimming & competition.

2025 Olympus Aquatics Lesson Schedule

Class / Cost	Location	Instructor	Time	Days		Class Course Numbers		
						Jun 2 - Jun 12	Jun 16 - Jun 26	Jun 30 - July 10
Beginner \$115 / 2 Weeks	Evergreen	Taylor H	9:00-9:30 AM	Mon-Thu	Class Course Numbers	1-11	2-11	3-11
Advanced Beginner \$115 / 2 Weeks	Evergreen	Lauren G	9:00-9:30 AM	Mon-Thu		1-12	2-12	3-12
Intermediate \$115 / 2 Weeks	Evergreen	Conner S	9:00-9:30 AM	Mon-Thu		1-13	2-13	3-13
Stroke Development \$115 / 2 Weeks	Evergreen	Laiken S	9:00-9:30 AM	Mon-Thu		1-14	2-14	3-14
						Jun 2 - Jun 12	Jun 16 - Jun 26	Jun 30 - July 10
Beginner \$115 / 2 Weeks	Evergreen	Laiken S	9:30-10:00 AM	Mon-Thu		1-21	2-21	3-21
Advanced Beginner \$115 / 2 Weeks	Evergreen	Taylor H	9:30-10:00 AM	Mon-Thu		1-22	2-22	3-22
Intermediate \$115 / 2 Weeks	Evergreen	Lauren G	9:30-10:00 AM	Mon-Thu		1-23	2-23	3-23
Stroke Development \$115 / 2 Weeks	Evergreen	Conner S	9:30-10:00 AM	Mon-Thu		1-24	2-24	3-24
						Jun 2 - Jun 12	Jun 16 - Jun 26	Jun 30 - July 10
Beginner \$115 / 2 Weeks	Evergreen	Conner S	10:00-10:30 AM	Mon-Thu		1-31	2-31	3-31
Advanced Beginner \$115 / 2 Weeks	Evergreen	Laiken S	10:00-10:30 AM	Mon-Thu		1-32	2-32	3-32
Intermediate \$115 / 2 Weeks	Evergreen	Taylor H	10:00-10:30 AM	Mon-Thu		1-33	2-33	3-33
Stroke Development \$115 / 2 Weeks	Evergreen	Lauren G	10:00-10:30 AM	Mon-Thu		1-34	2-34	3-34
						Jun 2 - Jun 12	Jun 16 - Jun 26	Jun 30 - July 10
Beginner \$115 / 2 Weeks	Evergreen	Lauren G	10:30-11:00 AM	Mon-Thu		1-41	2-41	3-41
Advanced Beginner \$115 / 2 Weeks	Evergreen	Conner S	10:30-11:00 AM	Mon-Thu		1-42	2-42	3-42
Intermediate \$115 / 2 Weeks	Evergreen	Laiken S	10:30-11:00 AM	Mon-Thu		1-43	2-43	3-43
Stroke Development \$115 / 2 Weeks	Evergreen	Taylor H	10:30-11:00 AM	Mon-Thu		1-44	2-44	3-44

June 2 - July 9*					
Stroke Development \$275 / 6 Weeks	Olympus	Christy K	9:00-9:30 AM	Mon-Thu	SD-1
Stroke Development \$275 / 6 Weeks	Olympus	Vienna L	9:00-9:30 AM	Mon-Thu	SD-2
Combination \$275 / 6 Weeks	Olympus	Abe A	9:00-9:30 AM	Mon-Thu	CB-1
Combination \$275 / 6 Weeks	Olympus	Rainie M	9:00-9:30 AM	Mon-Thu	CB-2
Competitive Techniques \$275 / 6 Weeks	Olympus	Tom T	9:00-9:30 AM	Mon-Thu	CT-1
Competitive Techniques \$275 / 6 Weeks	Olympus	Zofi P	9:00-9:30 AM	Mon-Thu	CT-2

*Please Note:

- 1) Classes at Olympus will not be taught on the following days: June 18, June 19, June 23, June 24, June 25.
- 2) Classes may be consolidated, cancelled, and/or instructors reassigned based on enrollment numbers.
- 3) Swimmers that do not meet the minimum prerequisites may be removed from the class without refund.
- 4) Full payment is required at the time of registration.
- 5) Cancellations must be made two weeks prior to the first day of class to receive a full refund.

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Class Descriptions & Prerequisites

Each class is progressively structured with limited enrollment size. Classes group individuals of like ability and maturity. Instructors engage all students while ensuring that everyone makes progress toward the class objectives.

Beginner Class (Ages 3-6) — Teaches children the basics. Face in the water, bubbles, the front float, the back float, the flutter kick, alternating arm strokes, and the combination of arms and legs to swim a short distance.

Prerequisite: Mature children ages 3-6 with limited experience in the water.

Class size: 4

Advanced Beginner Class (Ages 4-8) — Teaches children side breathing with freestyle arms and legs and introduces backstroke with arms and legs.

Prerequisite: Children who can float in the prone position and swim a short distance with flutter kick and freestyle arms.

Class size: 6

Intermediate Class (Ages 5-12) — Further development of a swimmer's freestyle side breath and the backstroke with arms and legs. Swimmers will swim a greater distance and gain unassisted swimming confidence.

Prerequisite: Children who can float on their back and swim a short distance freestyle with side breathing.

Class size: 8

AG Stroke Development Class (Ages 6-14) — The class develops the correct stroke mechanics of freestyle, backstroke, breaststroke, and butterfly. Recommended for children interested in competitive swimming.

Prerequisite: Must be able swim Freestyle and Backstroke the length of the pool.

Class size: 10

AG Combination Class (Ages 6-14) — This class is recommended for competitive age group swimmers. This class will refine the four competitive strokes and teach competitive turns and starts.

Prerequisite: Swimmer must be proficient in butterfly, backstroke, breaststroke, and freestyle.

Class size: 10

AG Competitive Technique Class (Ages 10-14) — This class is recommended for competitive Age Group swimmers. This class will review the four competitive strokes and introduce swimmers to advanced competitive techniques for race strategies, underwater dolphin kick, breaststroke underwater pull, starts, and competitive turns.

Prerequisite: Swimmer must be proficient in all strokes, turns, and starts.

Class size: 10

SR Competitive Technique Class (Ages 13-18) — This class is recommended for competitive senior swimmers. This class will review the four competitive strokes and introduce swimmers to advanced competitive techniques for race strategies, underwater dolphin kick, breaststroke underwater pull, starts, and competitive turns.

Prerequisite: Swimmer must be proficient in all strokes, turns, and starts.

Class size: 10

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Lesson Registration

- 1) Print the attached Registration & Waiver Form.
- 2) Complete the form for each swimmer by listing the course number(s) from the schedule above.
- 3) Call, Text, Email, or Mail the information to Kelli Whipple (Contact Below) to reserve your swimmer's spot in the class. Make payment via Venmo or charge to your Olympus Aquatics Account. This is the fastest way to secure your swimmer's spot in the class. We do not hold spots until payment is received and classes will fill up.
- 4) Bring a hardcopy of the signed waiver to the first day of class.

Kelli Whipple
Phone: 801-831-8697
Email: whipplekt@msn.com

Tom Thorum
Phone: 801-913-2786
Email: CoachThorum@gmail.com

**Please make payments to:
Olympus Aquatics Swimming**

Venmo: @OlympusAquaticsSwimTeam

Locations

Evergreen Swim & Tennis Club
3775 S 2235 E
Salt Lake City, Utah 84109

Olympus High School
4055 S 2300 E
Holladay, Utah 84124

Salt Lake City Sports Complex
645 S Guardsman Way
Salt Lake City, Utah 84108

OLYMPUS AQUATICS
SUMMER SWIMMING LESSONS
Registration & Waiver Form



1) Child's First Name: _____ Last Name: _____ Age: _____

Course Number(s): _____, _____, _____, _____

2) Child's First Name: _____ Last Name: _____ Age: _____

Course Number(s): _____, _____, _____, _____

3) Child's First Name: _____ Last Name: _____ Age: _____

Course Number(s): _____, _____, _____, _____

Guardian's First Name: _____ Last Name: _____

Email: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Method of Payment: _____ Total Amount Due: _____

Please make payments to: Olympus Aquatics Swimming
Venmo: @OlympusAquaticsSwimTeam

Waiver

I hereby acknowledge that I am the parent or legal guardian of the child who will be participating in swim lessons provided by Olympus Aquatics. I understand and acknowledge the inherent risks associated with swimming activities, including but not limited to, the risk of drowning, injury, or accidents. I understand that while Olympus Aquatics and its instructors will take all reasonable precautions to ensure the safety of participants, accidents and injuries may still occur. In consideration of allowing my child to participate in swim lessons, I hereby waive, release, and discharge Olympus Aquatics, its owners, instructors, employees, and volunteers from any and all claims, demands, damages, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by my child while participating in swim lessons. I further agree to indemnify and hold harmless Olympus Aquatics, its owners, instructors, employees, and volunteers from any and all claims, demands, damages, actions, or causes of action arising out of or related to my child's participation in swim lessons. I understand that it is my responsibility to ensure that my child follows all safety instructions provided by the instructors and staff of Olympus Aquatics. I understand that failure to do so may result in my child being removed from the swim lessons without refund. I certify that my child is in good health and capable of participating in swim lessons. I authorize Olympus Aquatics to seek emergency medical treatment for my child if necessary and agree to be financially responsible for any medical expenses incurred. I have carefully read and understand the terms of this waiver and release and voluntarily sign it as my own free act and deed.

Guardian Signature: _____ Date: _____