



Private Swim Lessons

Do our lessons not have a time that works with your schedule? Is your child more advanced and need work on technique and increasing speed? Does your child work better with one-on-one instruction? If you answered yes to any of these questions then private swim lessons maybe for you.

Private swim lessons are taught by certified Water Safety Instructors. Lesson times are based on the instructor and pool availability. These swim lessons are great not only for children, but for teens and adults too!

Call the Naval Station Aquatics Office if you have more questions or to set up your lesson today at 757-444-0870.



NAVAL STATION NORFOLK

FRP-2 Outdoor Pool

1733 90th Street
Norfolk, VA 23505

757-444-2134



NAVAL STATION NORFOLK

2023 SUMMER SWIM LESSONS

FRP-2 Outdoor Pool



2023 SUMMER SWIM LESSONS

Child's name: _____

- **Monday through Thursday lessons: \$60 per child.**
- **School age swim lessons: 8:15 a.m.**
- **Preschool swim lessons: 9:15 a.m.**
- **Parent/Infant classes: 10:15 a.m. on select Fridays.**
Class is free, but must sign up in advance.

SESSION 1: JUNE 20 - 29

- ☐ Preschool
☐ School Age

SESSION 2: JULY 10 - 20

- ☐ Preschool
☐ School Age

SESSION 3: JULY 24 - AUGUST 3

- ☐ Preschool
☐ School Age

PARENT/INFANT CLASS: JULY 14 - AUGUST 4

All swim lessons are taught by at least one certified American Red Cross instructor and are eight, 30 to 45 minute lessons.

Recommendations for swim lessons:

- **Arrive early the first day.** On the first day there will be a short parent's talk while the instructor finds the appropriate group for your child's swimming ability.
- **All children should wear sunscreen during class.** Even though classes are held in the morning, all swimmers should wear sunscreen to reduce the harmful effects of the sun.
- **Use restrooms before class.** All children should use the restroom before class starts. Children that are not potty-trained need to use a swim diaper or rubber pants while at the pool.

FRP-2 OUTDOOR POOL

1733 90th St., Norfolk, VA 23505 • 757-444-2134



REGISTRATION

Child's name: _____

Child's age: _____

Has child had swim lessons before? ☐ Yes ☐ No

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Emergency contact name: _____

Phone: _____

AQUATICS CANCELLATION POLICY

- All registration fees must be paid when registering for a class.
- A full refund will be issued when cancellation is made 14 calendar days prior to the date that the class begins.
- 50% of the registration fee will be issued when cancellation is made seven - 13 days prior to the date that the class begins.
- No refund will be issued when cancellation is made within six calendar days prior to the date that the class begins.
- No show, no refund.
- A full refund will be issued when class is canceled by management.

This has been approved by the Naval Station Norfolk MWR Admin office.

OFFICE USE:

☐ PS ☐ SA ☐ PI ☐ Private Lessons

SESSION/TIME:

☐ 1 ☐ 8:15 a.m.
☐ 2 ☐ 9:15 a.m.
☐ 3 ☐ 10:15 a.m.

WAIVER

Child's name: _____

I hereby grant and authorize the United States Department of Defense, Navy Region Mid-Atlantic MWR the right to take, edit, alter, copy, exhibit, publish, distribute and make use of any and all pictures or video taken of me to be used in and/or for promotional materials including, but not limited to, newsletters, flyers,, posters, brochures, advertisements, websites and other print and digital communications internal to Navy MWR programs. I understand and agree that these materials are only internal to the United States Department of Defense, Navy Region Mid-Atlantic MWR and will not be used in any public setting.

Signature

Date



NavyLifeNSN.com

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