

Swim Lessons with Rowan and Noah
Summer 2022

Hello everyone! I am very happy to announce that I will be doing swim lessons again this summer, this time with the help of Noah Birkel! The first week of camp will be very busy for everyone, so lessons will begin on the second week, Monday June 6th.

Just like the last few years, we will be holding small group swim lessons on Monday and Wednesday evenings. Lessons will be scheduled as appointments, as they have been in the past. Please email me to set up the first lesson, and then at the end of each lesson we will schedule the next one. Because of high interest, it is possible we won't get everyone in for a lesson each week. Lessons may be every two weeks.

Like last summer, we will be doing what I like to call Montessori-style swim lessons. This means that I want to work with each family and your swimmer to reach the individual goals that are important to each swimmer/family. If your swimmer wants to simply get more comfortable in the water and have fun, then that is what we will do! We can also work on helping your swimmer pass the camp swim test, or we can use a more directed approach if your swimmer is interested in swimming as a sport. I have previously worked for, and still have a strong connection with the Ad Astra Area Aquatics swim team here in town, so if you're interested in the sport I can connect you with them. I want these lessons to be completely personalized to your swimmer. We will work as a team to ensure learning, safety, and fun!

Lessons will be 30 min in length with the first lesson starting at 5 and the last lesson beginning at 6:30. You are welcome to bring siblings so that lessons can be done as a family. Noah and I both have a lot of experience so we are happy to accommodate swimmers of different levels. I will organize our small groups based on swimmers' experience. Especially with younger swimmers, lessons are more constructive when swimmers are on the same level. With older or more experienced swimmers, there is more flexibility within the structure of the lessons. If your swimmer has a friend that is also interested in lessons, I would love to combine their lessons together. This really helps the swimmers feel more comfortable and have fun; and having fun supports the authentic learning we are looking for! I try to keep competition out of the lessons as much as possible. I keep the focus on personal growth, because each swimmer is unique.

Lesson Pricing will be \$20 per swimmer for a 30min lesson. However, if financing is an issue, we are happy to make accommodations. We will accept cash, checks, or venmo. All payments can be made to me for simplicity.

My Venmo: Rowan-Plinsky

I will be doing all of the scheduling, so I appreciate grace. I will do the best I can to accommodate all. For the sake of organization, please use my email for all communication.

Contact me whenever you're ready and we will get started on the planning! We are so excited to hear from all of you. Let's have a great summer!

Thank you!

Rowan Plinsky

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