

# Swim Lessons with Rowan and Nisa

## Summer 2024

Hello, everyone! I am very happy to announce that I will be doing swim lessons again this summer, this time with the help of Nisa Khosh! This year, lessons will **start Tuesday June 11th**, and **end Thursday July 18th** (I get married on July 20th, then leave for the honeymoon, so the 18th will have to be the last day. Nisa MIGHT carry on lessons on her own after I leave, but we will cross that bridge when we get there.)

### So, what's different this year?

- In the past lessons have been on Mondays and Wednesday, but **this year we are switching to Tuesdays and Thursdays**.
- This year we will start with just 2 days a week, **BUT if there is enough interest, we will add Wednesdays** as well.
- This year I will have a new, highly qualified assistant, **Nisa Khosh!** Nisa will be taking more of the individual lessons with younger swimmers, while I take the larger groups of older swimmers. Here is some info about Nisa:
  - Hi my name is Nisa Khosh! I've been teaching lessons for the past 7 years, and absolutely love it! I usually work with younger ones, but I have experiencing teaching all ages! When i'm not teaching lessons, I'll be working at camp raintree over the summer as a counselor :)

### What is the same as the last few years:

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 be accepting cash, checks, or venmo. For the sake of organization, all payments can be given to me, and then I will make sure Nisa gets her share.

### My Venmo: Rowan-Plinsky

Lessons will be done in 30min increments with the first lesson starting at 5:30pm and the last lesson starting at 7:00pm. Please allow me 5 minutes between lessons to transition between swimmers.

We will be following the same plan as the last few years, lessons will be scheduled as appointments. You can email me to set up the first lesson, and then, at the end of each lesson, we will schedule the next one and so on.

I will be doing all of the scheduling myself, so please be forgiving if a mistake is made. I promise I'm doing the best I can. For the sake of organization, **please use my email for all communication.**

Like last summer, we will be doing what I like to call **Montessori style swim lessons.** This means that I want to work with you, as the family, and your swimmers to reach the individual goals that are important to you. 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 send you to them whenever you wish. I want these lessons to be completely personalized to your swimmer; we will work as a team to ensure learning, safety, and fun!

Like last year, you are welcome to bring siblings so that they can do lessons as a family. Nisa and I both have a lot of experience, so we are happy to accommodate swimmers from all levels, often simultaneously. I organize our small groups based on the swimmer's experience. With younger swimmers, it's easier to do a lesson if all the swimmers are on the same level. With older or more experienced swimmers, we have more flexibility within the structure of the lesson. I also like to organize by personality matches when I can. If your swimmer has a friend that is also interested in lessons, I would love to do their lessons together. This really helps the swimmers feel more comfortable and have more 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 one of our swimmers is unique.

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!

(Preferred method of contact)

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If, for some reason, you need my phone number it's: 785-727-0440