

MEET OUR SWIM TEAM COACHES

ABBY GALLINATTI

Abby is a senior at Gonzaga University, where she is studying Business Marketing and Finance. She has really enjoyed her 5 years of working at the TLTC and the last 3 years as the swim coach/director. She grew up swimming at the club and being a member on the swim team for many years. It is her desire to give back to the young club swimmers so that they have just as amazing of an experience as she had. Abby is very excited to be back coaching and teaching lessons again this summer. Her goal is to bring our program up to another level by challenging our swimmers to be the best and strongest swimmers they can be, and most importantly to have a fun summer swimming experience. Abby's strengths are: she is a strong swimmer, extremely fun, and great with people. All the kids who meet Abby seem to want to join the swim team!

ELLE GLADSTONE

Elle is a senior at Washington State University and is double majoring in Human Development and Psychology, while specializing in adolescence. She grew up swimming at the Tacoma Lawn Tennis Club and spent many summers on the swim team as well as teaching swim lessons later on. In her spare time Elle enjoys coaching lacrosse camps and working with children! She is very excited for her seventh summer working at the TLTC!

BLAKE KULESZA

Blake is currently a junior at Western Washington University. He has been spending his last three summers here at TLTC as a lifeguard and as a swim instructor. He has really enjoyed teaching many of the kids at TLTC their beginning swim skills and loves to see them progress. When he swam in high school, his favorite events were the 50-yard and the 100-yard races. Blake was captain of the swim team his senior year and led his team to state. Outside of swimming he loves to go to the beach to kite board or surf! Blake is really looking forward to seeing all the members this summer and having an awesome time coaching the swim team!



**TACOMA LAWN
TENNIS CLUB**

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Swim Lessons

JUNE - AUGUST 2017



Est. 1890



**TACOMA LAWN
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Pool Hours

Monday-Friday 1:15pm-10:00pm
Saturday-Sunday 1:00pm-10:00pm

Prior to June 19th, the pool will operate with modified hours.

Adult Swim

Monday-Friday (*begins 6/19*) 6:00am-8:00am
12:15pm-1:15 pm
Saturday-Sunday (*begins 5/20*) Noon-1:00pm
Saturday (*begins 6/24*) 8:00am-10:00am

The last 15 minutes of each hour during open swim is adult swim.

Swim Staff

All TLTC swim instructors are Red Cross Certified in lifeguarding and have taken a course in teaching children to swim effectively and safely.

Swim Lessons

Group lessons begin the week of June 19th. Classes are Monday through Friday.

Sharks

Age Time
6-8 10:15am-10:45am

Swimmers will begin to build endurance and swim the length of the pool with all four basic strokes. They will learn starts, turns and work on stroke technique in preparation for swim team. Can swim in meets.

Sting Rays

Age Time
5-6 10:45am-11:15am

Students should be able to swim the length of the pool without stopping. They will be introduced and become more proficient in the four basis strokes: crawl stroke, back stroke, breast stroke and butterfly.

Dolphins

Age Time
4-6 11:15am-11:45am

The goal is to learn to swim across the pool using back and front crawl. We will work on getting children comfortable and confident with swimming short distances on their own as well as swimming underwater, holding their breath and paddling.

Guppies

Age Time
(members only) 2-4 11:45am-12:15am

The main focus of this class is water orientation. They will begin to learn basic skills such as back and prone floats, bobs and blowing bubbles.

This class is one on one.

Swim Lesson Sign-Ups

Sign ups for swim lessons start on May 8th. Sign ups are on a weekly basis and space is offered to members first. We will allow non-members to call one week prior to each session week to fill spots if they are not filled by members. No drop ins will be allowed.

Swim Team

Swim Team will begin the week of June 19th.

Level	Age	Time
Advanced	12+	8:00am-8:45am
Intermediate	9-11	8:45am-9:30am
Intermediate	9-11	9:30am-10:15am
Beginners	6-8	10:15am-10:45am

Swim Team Sign-Ups

Sign ups for swim team start on May 8th for members. We will allow non-members to register for swim team starting June 12th if spots are not filled by members.

Program Overview

The TLTC swim program is designed to teach your children the basic skills of swimming and water safety. Our program offers a very nurturing environment for all levels and it is important to us that your children learn to love swimming and feel comfortable in the water.

Cost

Swim Lessons

\$38.00/week member
\$48.00/week non-member
\$50.00/week Guppies (members only)

Swim Team

\$160.00 Advanced/Intermediate member
\$100.00 Beginner member
\$210.00 Advanced/Intermediate non-member
\$125.00 Beginner non-member

Tax not included

Swim Lessons - Session Dates

Session 1	June 19th - 23rd
Session 2	June 26th - 30th
Session 3	July 3rd - 7th
Session 4	July 10th - 14th
Session 5	July 17th - 21st
Session 6	July 24th - 28th
Session 7	July 31st - August 4th
Session 8	August 7th - 11th
Session 9	August 14th - 18th