



Today's Date: _____

Reservation taken by: _____

Private Swim Lesson Request

for ages 3 years old and older

Individual (one on one personalized instruction)

All participants must be of similar abilities & age for the following Instruction

Sibling (two siblings)

Semi-Private (two participants, not immediately related)

Make Your Own Group (3 or more participants)

Select a Package: 5 Lessons 10 Lessons 15 Lessons

Payment Options: House Charge Other

Parent's Name: _____ Telephone Number: _____

E-Mail Address: _____ Club ID#: _____

Participant's Name: _____ Age: _____

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Participant's Name: _____ Age: _____

Participant's Name: _____ Age: _____

Child Swim Level: Tadpole Sharks Otter Marlin Platypus Piranha

Adult Swim Level: Beginner Intermediate Advanced Tri Training

Days & Times Available for Instruction:

1st Choice: _____

2nd Choice: _____

3rd Choice: _____

Desired Starting Date: _____ Member Nonmember

Have you taken swim instruction at HTSW before? Yes No

Do you have an Instructor Preference: _____

Private Swim Lesson Policies

Check-in Policy

- Non-Member Program Participants will receive a HTSW Program Card which must be presented during check-in at the Front Desk upon entering the club. There is a \$10 replacement fee in the event that the card is lost.
- Minor children should have an adult accompany them during check-in.
- Parents are invited to attend and observe on the pool deck.
- For the safety of your children, we ask that all children refrain from entering the pool until the instructor is ready.
- When entering the pool area, you must remove your shoes or wear HTSW provided shoe coverings.
- Participant must be on membership to receive member rates.
- Nonmembers do not have club privileges.

Payment Policy

- Payment for swim lessons is due at the time of making the reservation.
- All Sessions are priced per individual at 30 minute instruction durations.

Cancellation Policy

- Cancellation for Individual Swim Instruction must be received 24 hours prior to lesson. Cancellations inside of 24 hours will result in deduction of one session from package.
- Cancellation for Sibling, Semi-Private or Group will result in deduction of one session from package for those not attending.

Refund Policy

- Swim Lesson Packages are non-refundable.
- Lessons can be transferred to other immediate family members.
- All Swim Lesson Packages expire 6 months from the date of purchase.

I have read and agree to abide by the above policies as they apply to Swim Instruction.

Client Signature

Date

Thank you for using HealthTrack Sports Wellness for your swim instruction needs. Please allow 48 hours for a follow up call by a HTSW Aquatic Staff Member to begin selecting mutually agreeable session dates.

Michelle Konrad, Aquatics Director
630-942-9600 (x570)



Group Swim Lessons

Oysters-A parent participation class for parents to learn how to aid children in water adjustment. The instructor will use song & games to teach basic skills and safety.

Tadpoles-This is the first independent swim level. Swimmers must be at least 3 years old to begin this level. The instructor will assist swimmers in learning skills such as blowing bubbles, kicking, arm circles and floats through game and song.

Turtles-The instructor will assist swimmers in skills such as beginning freestyle arm strokes, breathing to the side, and swimming independently. Swimmers must be able to float on their own.

Otters-Swim should be able to swim and breathe on their own. Swimmers will work on freestyle with assistance, kicking on back and treading water.

Marlins-Swimmers will learn freestyle and backstroke halfway across the lap pool with no assistance. They will also work on dives and treading water for longer.

Platypus-Swimmers will be perfecting their freestyle stroke as well as backstroke. They will work on endurance utilizing learned strokes.

Piranhas

Swimmers will begin breaststroke as well as continue practice on freestyle and backstroke. They will also be introduced to the butterfly stroke and turns and increased distances with all strokes.

Sharks-Sharks is for **beginner** swimmers ages 8 and up. The instructor will assist swimmers in skills such as freestyle arms with side breathing, kicking on their backs, and treading water.

Class Ratio: 4 Swimmers per Instructor

Price: \$66 for Members \$120 for Non Member

Questions?

Michelle Konrad, Aquatics Director
630-942-9600 (ext 570)

Private Swim Lessons

Adults & Children

If you are looking to enhance the skills you learned in group lessons or our group lesson times didn't fit your schedule, you may want to consider private swim lessons. We offer private swim lessons for adults and children of all skill levels.

One on One Instruction

5 Classes	\$118Member	\$165Non Member
10 Classes	\$225Member	\$315 Non Member
15 Classes	\$320 Member	\$435 Non Member

Sibling (2 participants immediately related)

5 Classes	\$77 Member	\$105 Non Member
10 Classes	\$148 Member	\$200 Non Member
15 Classes	\$210 Member	\$285Non Member

Semi Private (2 participants not immediately related)

5 Classes	\$95Member	\$145 Non Member
10 Classes	\$180 Member	\$275 Non Member
15 Classes	\$255Member	\$390 Non Member

Make Your Own Group (3 or more participants)

5 Classes	\$65Member	\$95 Non Member
10 Classes	\$130Member	\$190 Non Member
15 Classes	\$195Member	\$285 Non Member

**All swimmers must be of similar abilities & age
Pricing based per person at 30 minute sessions**

Youth Swim Stroke

Swim clinic offers competitive swim workouts and instruction. Correct competitive strokes, starts, turns and finishes will be taught. Swim team workouts will be conducted at participant's ability level. Participants should be at least 6 years old and be able to swim the length of the pool freestyle and backstroke.

Triathlon Training

Improve your race time and performances. Private sessions available.