

## Group Swim Lessons Levels

**Oysters:** This is a parent participation class to help their children get comfortable in the water. The instructor will use song & games to teach basic skills and safety. This class is for children ages 6 months to 3 years.

**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 front float on their own.

**Otters:** Swimmers 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 and backstroke while working on their endurance (25-50 yds). They will also be introduced to breaststroke kick and summersaults.

## Group Swim Lessons Levels

**Piranhas:** Swimmers learn breaststroke as well as continue practice on freestyle, backstroke, and endurance (50-100 yds). They will also be introduced to butterfly, 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.

**Youth Swim Clinic:** 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.

**\*\*Registration for Winter Lessons start  
Dec 10  
and for Nonmembers Dec 14th!!\*\***

**\*Therapy pool will be  
closed to swimmers  
during Lessons\***



**Registration for Winter Lessons  
Starts Dec 15th  
For Members!!**

# Aquatics

winter session



**HealthTrack**  
SPORTS WELLNESS

Like us on Facebook and not only be the first  
to know about classes, special events,  
promotions, and workouts, but get 10% off  
one session of group lessons!!

## Twice a Week Group Swim Classes

Members: \$66 (8 classes)

Guests: \$120/\$105 (8 classes)

Members: \$50\* Guests: \$90\* (6 classes\*)

Session 1: Jan 7-31st, Session 2: Feb 4-Feb 28th,  
Session 3\*: March 4<sup>th</sup>-March 21<sup>st</sup>

### Monday & Wednesday (4 & 3 Weeks)

Otters	9:30 - 10:00 am
Turtles	10:00 - 10:30 am
Tadpoles	10:30 - 11:00 am
Tadpoles	4:00 - 4:30 pm
Turtles	4:00 - 4:30 pm
Otters	4:00 - 4:30 pm
Marlins	4:00 - 4:30 pm
Tadpoles	4:35 - 5:05 pm
Turtles	4:35 - 5:05 pm
Otters	4:35 - 5:05 pm
Platypus	4:35 - 5:05 pm
Tadpoles	5:10 - 5:40 pm
Turtles	5:10 - 5:40 pm
Sharks	5:10 - 5:40 pm
Piranha	5:10 - 5:40 pm

### Tuesday & Thursday (4 & 3 Weeks)

Otters	9:30 - 10:00 am
Turtles	10:00 - 10:30 am
Tadpoles	10:30 - 11:00 am
Tadpoles	4:00 - 4:30 pm
Turtles	4:00 - 4:30 pm
Otters	4:00 - 4:30 pm
Marlins	4:00 - 4:30 pm
Tadpoles	4:35 - 5:05 pm
Turtles	4:35 - 5:05 pm
Otters	4:35 - 5:05 pm
Marlin	4:35 - 5:05 pm
Tadpoles	5:10 - 5:40 pm
Turtles	5:10 - 5:40 pm
Marlins	5:10 - 5:40 pm
Platypus	5:10 - 5:40 pm

## Swim Clinic

Tuesdays & Thursdays from 5:00 - 6:00 pm

Members \$100/\$75\* (8/6\* classes)

Nonmembers: \$150/\$113\* (8/6\* classes)

Session 1: Jan 8-31st, Session 2: Feb 5-Feb  
28th, Session 3\*: March 5<sup>th</sup>-March 21<sup>st</sup>

## Once a Week Swim Lessons

Members: \$83/\$58 Guests: \$150

(10 classes)

Session 1: Jan 11th-March 15th

### Saturdays (8 & 7 Weeks)

Oysters	7:30-8:00 am
Oysters	8:00-8:30 am
Oysters	8:30-9:00 am
Tadpoles	9:05-9:35 am
Turtles	9:05-9:35 am
Otters	9:05-9:35 am
Marlins	9:05-9:35 am
Tadpoles	9:40-10:10 am
Turtles	9:40-10:10 am
Otters	9:40-10:10 am
Marlin	9:40-10:10 am
Tadpoles	10:15-10:45 am
Turtles	10:15-10:45 am
Platypus	10:15-10:45 am
Piranha	10:15-10:45 am
Tadpoles	10:50-11:20 am
Turtles	10:50-11:20 am
Sharks	10:50-11:20 am
Marlins	10:50-11:20 am

### Fridays (8 & 7 Weeks)

Otters	9:30-10:00
Turtles	10:00-10:30
Tadpoles	10:30-11:00



## Private Lessons Sold in packages of 5.

One on One Instructions	Member	Guest
5 Classes	\$118	\$165
10 Classes	\$225	\$315
15 Classes	\$320	\$435
Semi Private(2 participants not immediately related)		
5 Classes	\$95	\$145
10 Classes	\$180	\$275
15 Classes	\$255	\$390
Sibling Family (2 participants immediately related)		
5 Classes	\$77	\$105
10 Classes	\$148	\$200
15 Classes	\$210	\$285
Make Your Own Group (3 or more participants)		
5 Classes	\$65	\$95
10 Classes	\$130	\$190
15 Classes	\$195	\$285

### Private Swim Lesson Policies\*

- Pricing based per person at 30 minute sessions.
- All swimmers must be of similar abilities and/or age.
- Swim Lesson Packages are non-refundable.
- Lessons can be transferred to other immediate family members.
- All Swim Lesson Packages expire 12 months from the date of purchase.

\*See online for all Group & Private Lesson Policies

### Group Lesson Policies\*

- Participant must be on membership to receive member rates. And Non-members do not have club privileges.
- Cancellation must be received two weeks prior to start of the session or a \$20 fee will assessed for cancellations within the two week period.
- Once the session has begun, a pro-rated refund will be issued in the event of illness or injury only, contingent upon receiving a physician's note.
- All swim lesson packages expire upon the conclusion of the selected session.
- There are no make-up lessons for missed classes.