



## HealthTrack Swim School

## Private Swim Lessons

**Oysters:** This class requires parent/guardian participation to help the child get comfortable in the water. The instructor will use songs & games to teach basic skills & safety. For children 6 months to 3 years.

**Tadpoles:** This is the first independent swim level for children starting at 3 years old. Instructors will assist swimmers in skills such as blowing bubbles, kicking, arm circles & floats through songs & games.

**Turtles:** Instructors will assist swimmers in skills such as beginning freestyle arm strokes & breathing to the side. To pass, swimmers must be able to float & swim across the Therapy pool on their own.

**Otters:** Otters is for **beginner** swimmers 8 & up. Instructors will assist swimmers in skills such as freestyle arms with side breathing, kicking on their backs, & treading water.

**Sharks:** Sharks is for swimmers 6-8 years old. Swimmers should be starting to swim & breathe on their own. Instructors will assist swimmers with skills such as freestyle arms with side breathing, kicking on their backs, & treading water.

**Marlins:** Swimmers will learn freestyle & backstroke halfway across the lap pool with no assistance. They will also work on dives & treading water for longer periods of time.

**Platypus:** Swimmers will be perfecting their freestyle & backstroke while working on endurance (25-50 yds). They will also be introduced to breaststroke kick & flip turns

**Piranhas:** Swimmers will begin breaststroke as well as continue to practice freestyle, backstroke, & endurance. They will also be introduced to butterfly, turns & increased distances with all strokes (50-100 yds).

Class Ratio:  
4 Swimmers for all levels

Price per class:  
Members: \$11 Nonmembers: \$18

**Adults & Children (3 years & up):** If you are looking to enhance the skills you learned in group lessons or our group lesson times don't fit your schedule, you may want to consider private swim lessons. We offer private swim lessons for adults & children of all skill levels.

**One on One Instruction:**

5 Classes	\$120 Member	\$170 Non Member
10 Classes	\$225 Member	\$315 Non Member
15 Classes	\$320 Member	\$440 Non Member

\*The prices listed below are per swimmer:

**Sibling (2 swimmers immediately related):**

5 Classes	\$80 Member	\$105 Non Member
10 Classes	\$150 Member	\$200 Non Member
15 Classes	\$210 Member	\$285 Non Member

**Semi Private (2 swimmers not immediately related):**

5 Classes	\$95 Member	\$150 Non Member
10 Classes	\$180 Member	\$280 Non Member
15 Classes	\$225 Member	\$400 Non Member

**Make Your Own Group (3 or more swimmers):**

5 Classes	\$70 Member	\$95 Non Member
10 Classes	\$130 Member	\$180 Non Member
15 Classes	\$185 Member	\$260 Non Member

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

**Youth Swim Clinic:** Swim Clinic offers competitive swim workouts & instruction. Correct competitive strokes, turns, & finishes will be taught. Swim team workouts will be conducted at participant's ability level. Participant's must be 6 years old & be able to swim the length of the pool, freestyle & backstroke without assistance.

**Questions?**

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