

SWIM LESSONS

We offer children's, adult, small-group and private swim lessons. **All lessons are 30 minutes.** See health club front desk for registration and scheduling.

Children's Group: Saturday mornings. 4 lessons, \$40 for members, \$80 for non-members.

Children's Level 1 (ages 2-4) Sat 10:10am: Children will be introduced to water. Will begin learning to splash, paddle, kick, float on back and jump from deck. Parents must be in water with children for Level 1.

Children's Level 2 (ages 5-7) Sat 10:50am: Children will become fully independent in water. Will learn to float and crawl on front and back and tread water. Will continue jumping and stroke development.

Children's Level 3 (ages 8+) Sat 11:30am: Children will develop strokes, swim underwater and develop endurance for longer swimming.

Private Lessons (adults and children): Personalized scheduling. \$30 for members, \$60 for non-members.

Semi-Private Lessons (adults and children): Personalized scheduling. \$40 for members, \$70 for non-members.

**Advance registration and payment required. All sales final. If you must cancel a private lesson, please do so with 24 hours notice or you will be charged.*