



SWIM LESSONS

MEMBER PRICING

Adult Lessons

30-minute lesson rate \$45
60-minute lesson rate \$90

Youth Swim Classes (Monthly Pricing**)

One Day Weekly \$65
Two Days Weekly \$126
Three Days Weekly \$180

Private Lessons (Swim Instructor)

Single lesson rate \$40
4 package of lessons: \$150

Semi-Private Buddy Lessons (Swim Instructors)

Single lesson rate \$28
4 Lessons: \$104

Jr. Swim Club (Monthly Pricing**)

One Day Weekly \$80
Two Days Weekly \$120

Swim Club (Monthly Pricing**)

One Day Weekly \$80
Two Days Weekly \$120
Three Days Weekly \$160

NON-MEMBER PRICING

Adult Lessons

30-minute lesson rate \$50
60-minute lesson rate \$100

Youth Swim Classes (Monthly Pricing**)

One Day Weekly \$85
Two Days Weekly \$168
Three Days Weekly \$216

Private Lessons (Swim Instructor)

Single lesson rate \$50
4 package of lessons: \$190

Semi-Private Buddy Lessons (Swim Instructors)

Single lesson rate \$35
4 Lessons: \$130

Jr. Swim Club (Monthly Pricing**)

One Day Weekly \$100
Two Days Weekly \$150

Swim Club (Monthly Pricing**)

One Day Weekly \$100
Two Days Weekly \$150
Three Days Weekly \$180

***Programming is billed monthly, 30 day cancelation. Program utilizes Specialized instructors as well as Swim Instructors.*

WATER BABIES

Parent participation required

Seahorse | Ages 6–36 months

Further your child's comfort in the water by building confidence and independence. Children will play games, explore the water and learn basic swimming skills including floats and kicks.

Graduation Requirement: *Turn 3 years old*

PRESCHOOL

Ages 3-5 years

Starfish | Pre-Level 1 - The Basics

The Starfish level is designed to orient your child to an aquatic environment and help them gain basic aquatic skills including breath control, floating and kicks.

Graduation Requirement: *Submerge independently and retrieve object with eyes open, independent glide to instructor, independent jump to instructor from poolside*

Flounder | Pre-Level 2 - The Fundamentals

The Flounder level is designed to help children gain greater independence and develop more comfort in and around the water. Skills taught include floating, arm/leg actions and submersion.

Graduation Requirement: *Swim 5–10 ft with arm/leg action on front, independent roll from back to front & front to back float, jump in & swim back to side*

Eel | Pre-Level 3 - Stroke Development

The Eel level helps children to gain propulsive skills and progress their stroke development. Skills taught include freestyle, backstroke and beginning breaststroke.

Graduation Requirement: *Swim 15–20 ft on front and back independently, swim breaststroke 10–15 ft*

LEARN TO SWIM

Ages 6-15 years

Level 1 | The Basics

Level 1 helps participants to feel comfortable and acclimate to the water. Children will gain basic aquatic skills including breath control, floating and kicks.

Graduation Requirement: *Submerge independently and retrieve object with eyes open, independent glide to instructor, independent jump to instructor from poolside*

Level 2 | The Fundamentals

Level 2 helps participants gain greater independence and develop more comfort in and around the water

Graduation Requirement: *Swim 5–10 ft with arm/leg action on front, independent roll from back to front & front to back float, jump in & swim back to side*

Level 3 | Stroke Development

Level 3 builds on the skills in Level 2 through additional guided practice.

Graduation Requirement: *Kneeling dive, rudimentary freestyle, backstroke, & breaststroke, tread in deep water, dolphin kick 10–15 yards*

Level 4 | Stroke Improvement

Level 4 helps develop confidence in the skills learned and improve additional aquatic skills.

Graduation Requirement: *25 yds of each stroke, and a standing dive, tread water using 2 different kicks*
Next step: Swim team

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