



SWIM LESSONS

MEMBER PRICING

Youth Group Lessons (1:5)

30-minute lessons

Level 1 & Starfish: 4-pack \$80, 8-pack \$152
Level 2 & Flounder: 4-pack \$88, 8-pack \$168
Level 3 & Eel: 4-pack \$96, 8-pack \$184
Level 4: 4-pack \$104, 8-pack \$200

Parent/Tot Lessons (1:10)

30-minute lessons

4-pack: \$60 8-pack \$112

Adult Group Lessons

Beginner: 4-pack \$120, 8-pack \$232
Intermediate: 4-pack \$140, 8-pack \$272
Advanced: 4-pack \$160, 8-pack \$312

Swim Club (monthly pricing)

1-hour sessions

1 day a week: \$100
2 days a week: \$125

NON-MEMBER PRICING

Youth Group Lessons (1:5)

30-minute lessons

Level 1 & Starfish: 4-pack \$120, 8-pack \$232
Level 2 & Flounder: 4-pack \$128, 8-pack \$248
Level 3 & Eel: 4-pack \$136, 8-pack \$264
Level 4: 4-pack \$144, 8-pack \$280

Parent/Tot Lessons (1:10)

30-minute lessons

4-pack: \$100, 8-pack: \$192

Adult Group Lessons

Beginner: 4-pack \$160, 8-pack \$312
Intermediate: 4-pack \$180, 8-pack \$352
Advanced: 4-pack \$200, 8-pack \$392

Swim Club (monthly pricing)

1-hour sessions

1 day a week: \$125
2 days a week: \$150

Semi Private Lessons 30-minute Lessons 4-pack Starting at \$115, 8-pack Starting at \$224

Private 30-minute Lessons 4-pack Starting at \$195, 8-pack Starting at \$384

**Private and Semi private lessons are available with non member rates as well. Price ranges based on skill level.*

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

JUNIOR

Ages 4-6 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

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YOUTH

Ages 7-17 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