



SWIM LESSONS

Swim Lessons are scheduled in four-week sessions. You may sign up for multiple days a week for Lessons and Club. Prices below, for Group Lessons, are listed for 1 day a week, but students may sign up for multiple days a week, if desired. Group lessons can all be booked online at the link listed below. Swim Club*, Semi Private, and Private lessons must all be booked through our Aquatics Manager by emailing northbay.aquatics@activewellnesscenter.com or calling 707.624. 8080 opt. 5

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

MEMBER PRICING

Youth Group Lessons (1:5)

30-minute lessons/ 1 day a week

Level 1 & Starfish: \$80
Level 2 & Flounder: \$88
Level 3 & Eel: \$96
Level 4: \$104

Parent/Tot Group Lessons (1:10)

30-minute lessons/ 1 day a week

\$60

Adult Group Lessons/ 1 day a week

Beginner: \$120
Intermediate: \$140
Advanced: \$160

Swim Club:

Beginner/30-min

1 day a week: \$70
2 days a week: \$90
3 days a week: \$110

Advanced/1-hr

1 day a week: \$100
2 days a week: \$125
3 days a week: \$150

Semi Private Lessons

30-minute Lessons

4-pack \$115 8-pack \$224

Private 30-minute Lessons

4-pack \$195 8-pack \$384

NON-MEMBER PRICING

Youth Group Lessons (1:5)

30-minute lessons/ 1 day a week

Level 1 & Starfish: \$120
Level 2 & Flounder: \$128
Level 3 & Eel: \$136
Level 4: \$144

Parent/Tot Group Lessons (1:10)

30-minute lessons/ 1 day a week

\$100

Adult Group Lessons/ 1 days a week

Beginner: \$160
Intermediate: \$180
Advanced: \$200

Swim Club:

Beginner/30-min

1 day a week: \$100
2 days a week: \$125
3 days a week: \$150

Advanced/1-hr

1 day a week: \$125
2 days a week: \$150
3 days a week: \$175

Semi Private Lessons

30-minute Lessons

4-pack \$155 8-pack \$302

Private 30-minute Lessons

4-pack \$235 8-pack \$462

[BOOK HERE>>](#)

SCAN TO SIGN UP



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

Active Wellness Center at NorthBay Health

1020 Nut Tree Rd, Vacaville, CA 95687

Contact Us:

northbay.aquatics@activewellnesscenter.com
707.624.8080 opt. 5

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

>> Group Lessons are available for online booking. To book Private and Semi Private, please call, come in, or email.

SCAN HERE:

