



SWIM LESSONS

Winter: January-March

Early Bird Registration

MEMBER PRICING

Group 4 Lessons: \$61, 8 Lessons: \$122
Private 4 Lessons: \$142, 12 Lessons: \$390
Semi-Private 4 Lessons: \$95, 12 Lessons: \$265

Children's lessons are 30 or 45 minutes

Deadline is Thursday before the session start date

NON-MEMBER PRICING

Group 4 Lessons: \$85, 8 Lessons: \$170
Private 4 Lessons: \$190, 12 Lessons: \$520
Semi-Private 4 Lessons: \$142, 12 Lessons: \$400

Late Bird Registration incurs a \$5 Fee

Monday/Wednesday or Tuesday/Thursday (8 classes/4-week session)		
<p>January Jan 7th - 31st</p>	<p>February Feb 4th - 28th</p>	<p>March Mar 4th - 28th</p> <p>3 week session (pro-rated)</p>
Saturday or Sunday (4 classes/4-week session)		
<p>January Jan 12th-Feb 3rd</p>	<p>February Feb 9th - Mar 3rd</p>	<p>March Mar 9th - 31st</p> <p>3 week session (pro-rated)</p>
Swim Levels		
<p>Water Babies Parent & Child Lessons</p> <p>Shrimp (6-18 months) Tetra (19-36 months)</p>	<p>Preschool Lessons Ages 3-5</p> <p>Starfish (Preschool Level 1) Flounder (Preschool Level 2) Eel (Preschool Level 3)</p> <p>Pre-Swim Team (Ages 4-8)</p> <p>Tiny Rays Team (Coach approval required, 45 minutes, additional fee \$\$)</p>	<p>Youth Lessons Ages 6-12</p> <p>Puffer Fish (Youth Level 1) TriggerFish (Youth Level 2) Guppy (Youth Level 3) Otter (Youth Level 4)</p>

To Register, complete an Aquatics Agreement Form and Registration Form and return to the service desk with payment.



Water Babies *(Parent participation required)*



Shrimp

(Ages 6 months–18 months)

Ideal for babies interested in the water. Goals include happiness in the water and getting their face wet.



Tetra

(Ages 19 months–36 months)

Ideal for toddlers ready to gain confidence in the water. Goals include entering & exiting the pool independently and interest in working independently with an instructor.

Preschool *(Ages 3–5 years)*



Starfish

No prior experience necessary. Ideal for the child who does not submerge or swim independently.

Saturdays 10am, 11am

Sundays 10:30am, 11:30am

Mon/Wed or Tue/Thur 3pm, 4:30pm

Flounder

Ideal for the child who can submerge on their own without fear, attempt to swim independently with face in the water, and jump to an instructor from the edge.

Saturdays 10:30am, 11:30am

Sundays 10:30am, 11am

Mon/Wed or Tue/Thur 3pm, 4pm



Eel

Ideal for the child who can swim independently 5-10 ft, perform a back float, and jump in and swim to wall.

Saturdays 11:30am

Sundays 10am, 11:30am

Mon/Wed or Tue/Thur 4pm



Tiny Rays Swim Team (45 min-\$\$)

(Ages 4- 8 years, with coach approval)

Ideal for the child who can swim & breath on their own 10-15 yards, swim on their back, and perform breaststroke kick.

Mon/Wed or Tue/Thur 5pm

Sundays 10:30am

January-March

Youth & Teen *(Ages 6-12 years)*



Pufferfish

No prior experience necessary. Ideal for the child who may attempt swimming on their own, but can not take a breath.

Saturdays 10:30am

Sundays 9:30am

Mon/Wed or Tue/Thur 3:30pm



TriggerFish

Ideal for youth who can perform a front and back float, and are comfortable jumping into the pool independently and returning to the side.

Saturdays 11am

Sundays 10am

Mon/Wed or Tue/Thur 3:30pm, 4:30pm, 5pm



Guppy

Ideal for youth comfortable swimming 10 yards each of freestyle, backstroke, breaststroke, and dolphin kick.

Saturdays 11:30am

Sundays 10am

Mon/Wed or Tue/Thur 4pm, 5pm



Otter

Ideal for youth ready to swim full laps of each stroke: freestyle, backstroke, breaststroke, butterfly, and perform a standing dive.

Saturdays 10 am

Sundays 11:30am

Mon/Wed or Tue/Thur 4:30pm

Other Aquatic Programs:

If your child does not fit into any of the above categories, please consider private or semi-private lessons. If your child has graduated from Otter or Eel, please consider our Youth Swim Team program. For inquiries and try-outs, please email swim@synergyhealthclub.org