



SWIM LESSONS

MEMBER PRICING

Youth Swim Classes (Monthly Pricing**)

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

Private Lessons

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

Semi-Private Lessons:

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

Swim Club (Monthly Pricing**)

One Day Weekly \$60
Two Days Weekly \$115
Three Days Weekly \$160

Swim Team (Monthly Pricing**)

Set 2 Days: \$145
Any 4 Days \$160

** Programming is billed monthly, 30 day cancelation

NON-MEMBER PRICING

Youth Swim Classes (Monthly Pricing**)

One Day Weekly \$85
Two Days Weekly \$158
Three Days Weekly \$216

Private Lessons

Single lesson rate \$50
4 Lessons: \$190

Semi-Private

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

Swim Club (Monthly Pricing**)

One Day Weekly \$75
Two Days Weekly \$130
Three Days Weekly \$180

Swim Team (Monthly Pricing**)

Set 2 Days: \$180
Any 4 Days \$200

** Programming is billed monthly, 30 day cancelation

Swim Levels			
<p>WATER BABIES Parent & Child Lessons</p> <p>Seahorse* 6-18 months Jellyfish* 18-36 months</p> <p>*These classes are often taught together pending enrollment</p>	<p>PRESCHOOL Ages 3-5</p> <p>Starfish (Preschool Level 1) Flounder (Preschool Level 2) Eel (Preschool Level 3)</p> <p>Pre-Swim Team (Ages 6-8) (Member/Non-Member)</p> <p>One Day Weekly: \$80/\$112 Two Days Weekly: \$145/200</p>	<p>LEARN TO SWIM Ages 6-12</p> <p>Level 1 (Introduction) Level 2 (Aquatic Skills) Level 3 (Stroke Development) Level 4 (Stroke Improvement)</p>	<p>Non-Competitive Swim Club</p> <p>Group 1 (1 hr.) Group 2 (1 hr.)</p> <p>Swim Team Ages 6+</p> <p>Group 1 (45min) Group 2 (1 hr.) Group 3 (1.25 hr.)</p>



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

Saturdays: 11am*

Sundays: 11am*

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 Requirements: 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 Requirements: 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 Requirements: 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 Requirements: 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 Requirements: 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 Requirements: 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 Requirements: 25 yds of each stroke, and a standing dive, tread water using 2 different kicks- Next step: Swim team.

Pre-School & Learn to Swim Class Schedule

Classes subject to availability

Mon-Thurs: Classes held on the half hour between 3:30pm - 6:00pm pending availability

Saturdays: Classes held on the half hour between 10:00-11:30

Sundays: Classes held on the half hour between 10:00-11:30

Questions? Email swim@synergyhealthclub.org