Adult Swim Lessons:

- Ages 15 and Up
- It's never too late to enjoy the fun and health benefits of swimming.
- Make some new friends and join a group class!
- One-on-one instruction provides an individual evaluation of your needs to help you achieve your goals quickly.
- Overcome your fear of the water and learn basic skills while achieving a minimum level of water competency and water safety.
- Improve your existing skills and techniques to increase your level of health and fitness.
- Prepare to join a masters or recreational swim team or compete in triathlons.
- Fine tune your strokes, turns, and drills for Butterfly, Backstroke, Breaststroke, and Freestyle to USA Swimming standards.

Class Schedule

**Group Lessons**

Monday: 10am-1pm & 3:30pm-7pm
Tuesday: 10am-2pm & 4pm-7pm
Wednesday: 10am-1pm & 3:30pm-7pm
Thursday: 10am-2pm & 4pm-7pm
Friday: 10am-12pm

**Semi-Private**

Monday-Thursday: Can be scheduled based on instructor availability.

Friday: 10am-6pm
Saturday: 9am-1pm

**Private**

Monday-Thursday: Can be scheduled based on instructor availability.

Friday: 10am-6pm
Saturday: 9am-1pm
WE OFFER:
1. Year-round instruction.
2. Indoor Heated Pool (88 degrees)
3. Retail swim sales.
4. Swim instructors are Certified American Red Cross Water Safety Instructors.
5. Small Class size.
   ♦ Preschool Aquatics Levels 1-3 (ages 3-5) Maximum enrollment is 3 children per class.
   ♦ Learn-to-Swim Levels 1-6 (ages 6-15) Maximum enrollment is 4 children per class.
   ♦ Adult (ages 16 and up) Maximum enrollment is 4 per class.
6. We do not have ‘sessions’, so classes are always going and you may start your child’s classes at any time that we have an opening that fits your schedule.

To give everyone a fair chance at lesson availability, we must limit advance enrollment to 2 weeks - you cannot sign up for a class more than 2 weeks ahead of time.

7. Make-up classes will be held on the 2nd and last Saturday morning of the month.

Each child is eligible to attend one make-up session per month for a missed lesson in that same month.

WHAT MAKES OUR PROGRAM DIFFERENT?

The goal of the CBD&AC swim lesson program is to develop each person into a confident, comfortable, and proficient swimmer. Our teaching methods focus primarily on student-centered learning, increasing awareness of safety in all aspects and assisting participants in perfecting skills to the best of their ability. The goal is to create a life-long interest in aquatics activities and promote a healthy lifestyle.

Personal Safety: includes pool rules and safety tips, floating, treading, use of personal floatation devices and health and safety.

Stroke Development: includes water orientation, adjusting to water (shallow and deep water) and major swimming strokes.

Water Sports and Games: includes jumping off the side of the pool and competitive swimming.

Recognizing Emergencies: includes getting help and swim / aquatic environment emergencies.

Group Lessons
Cost: $50.00 per month for one lesson a week.
If you want to attend 2 classes per week tuition is $85.00.

Siblings: First Child $50.00 per month, Second Child $45.00 per month, each additional Child is $40.00 per month.

Semi Private Lessons
For families who want a guaranteed time slot for siblings to swim together at the same time. Up to 3 siblings can be enrolled together.

Cost: First Child $60.00 per month, Second Child $50.00 per month, Third Child $40.00 for one lesson a week.
If you want to attend 2 classes per week tuition is $90.00.

Private Lessons
Cost: $130.00 per month for one lesson a week.

Private Lessons may be purchased individually.
Cost: $35.00 for 30 minutes.

- There is a yearly facilities fee per child; Cost: $39.00 capped at $59.00 per family.
- Families can stop lessons at any time. However, a notice of cancelation must be provided in writing a minimum of 30 days before the date of the last lesson. Or the following months tuition will automatically be debited.

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