

SWIM LESSONS

Group Swim Lessons

6 Sessions (30 minutes each):

\$27.00 CRC members // \$41.54 non-members

Levels:

Turtles Beginner 1

Breath control, beginning floats, safety in entering/exiting pools.

Seahorse Beginner 2

We will work on enhancing our floating, rolling over, submersions, and safety skills.

Clownfish Beginner 3

We will add glides to our floating, treading water, back finning, and beginning freestyle.

Blue Gills Intermediate 1

Will introduce backstroke skills, enhance treading, and refine crawl.

Dolphins Intermediate 2

Focuses on strengthening strokes for a longer distance, add side stroke, and dolphin kicks.

Orca Advanced 1

During this level we will transition to the deep end and add breaststroke, dives, and butterfly basics.

Shark Advance 2

Will refine all strokes and build strength for longer distance, dives, and turns.

Private Lessons

Focusing on the individual needs of our students. We will match you with an instructor according to your needs and time of day you are available. One student and one instructor.

5 Sessions (30 minutes each):

\$60.00 CRC members // \$92.30 non-members

Semi-Private Lessons

Designed for two students who are similar in age and skill level with one instructor. Must be pre-approved by the Aquatics Center Coordinator.

5 Sessions (30 minutes each):

\$45.00 CRC member // \$69.23 non-members

