

Private and Semi-Private
Swim Lessons 2024

ALL I WANT
TO DO IS
SWIM

**Auburn Racquet
&
Fitness Club**

SWIM LESSONS

Private

Semi-Private



AGES 2 AND UP!

Auburn Racquet & Fitness Club
1255 Racquet Club Drive
Phone: 530-885-1602
Email: bree@ar-fc.com
www.ar-fc.com

SWIM LESSONS

Private Semi-Private Lessons

Private and Semi-Private Swim Lessons are offered year round at Auburn Racquet & Fitness Club.

Private Lessons: One student/One instructor

Semi-Private Lessons: Two students/One instructor
(Semi-private lessons require the swimmers to have similar water skill levels/age.)

Skill Levels

ARFC Aquatics method of swimming instruction is a series of progressions. Our instructors break down a skill and put it back together. As one skill is mastered, the swimmer advances to the next progression. Upon completion at each level, the swimmer will receive a Certificate of Accomplishment and move to the next skill level.

FROG/Beginner Swimmer: This swimmer is not yet comfortable getting their face in the water. The goal for this level is to gain comfort with this skill and to blow bubbles under the water. A supported front float, and water-safety skills is the focus.

FISH/Advanced Beginner: This swimmer enjoys the water, is comfortable putting the face under the water, but cannot swim on top of the water just yet. The focus, for this level, is more independent swimming...taking a breath, freestyle, backstroke, and water-safety skills.

DOLPHIN/Intermediate Swimmer-: This swimmer can swim freestyle and backstroke, and is comfortable floating and kicking on their back. The focus, for this level, is to swim the length of the pool, freestyle, backstroke, and introduce breaststroke, butterfly, and continue water-safety skills.

SHARK/Advanced Swimmer: This swimmer knows the four basic strokes. The goal, for this level, is to prepare the swimmer for lap swimming or swim team.

Aquatics Information

ARFC's swimming instructors are all First Aid/CPR certified. ARFC's instructors participate in water skills and technique training; have a swimming background, and a love and appreciation for the water!

Whether the goal is introducing swimming and water safety, learning to swim for fitness, or preparing for competition, our staff will get you there. Our goal is to help you become a competent, confident, and happy swimmer!

Pricing

Private Lesson Prices: Private lessons cannot be shared

4 half-hour lessons: \$140 Members/\$185 Non Members

6 half-hour lessons: \$180 Members/\$220 Non Members

8 half-hour lessons: \$235 Members/\$275 Non Members

Semi-Private Lesson Prices:

4 half-hour lessons: \$210 Members/\$290 Non Members

6 half-hour lessons: \$280 Members/\$350 Non Members

8 half-hour lessons: \$350 Members/\$420 Non Members

A 24-hour cancellation notice is required or the lesson will be forfeited.

ARFC Members Only!

Monthly ongoing swim lessons to ARFC members. Choose four, six, or eight private or semi-private lesson packages for three, six, or 12 months and save up to 30% on swim lesson prices. Please contact Leah@ar-fc.com to take advantage of this great special.

Thank you for enrolling! We will see you at the pool!

Registration Form

Private and Semi-Private Lessons

One Form per Swimmer

Swimmer's Name: _____

Member Number: _____ Birthdate: _____

Address: _____

City: _____ Zip Code: _____

Parent's Name: _____

Email Address: _____

Phone: _____

Private Lesson Prices:

4 Lessons: \$140 M \$185 NM

6 Lessons: \$180 M \$220 NM

8 Lessons: \$235 M \$275 NM

Semi-Private Lesson Prices:

4 Lessons: \$210 M \$290 NM

6 Lessons: \$280 M \$350 NM

8 Lessons: \$350 M \$420 NM

Choose One Swim Level:

Frog: Fish: Dolphin: Shark:

Price: _____

Receipt Number: _____

I give my permission for my child to participate in swim programs at Auburn Racquet & Fitness club and hereby release and waive any and all rights and claims for damages I might have against Auburn Racquet & Fitness Club and its agents for any and all injuries or viruses, which may be suffered by my child in connection with participation in this program.

Signature: _____

Date: _____