

# Private Swim Lessons Packages

## Description

Private swimming lessons are now offered at the Auburn Racquet & Fitness Club. *Classes are conducted with a water temperature of 86 degrees for maximum comfort* under ARFC's bubble-enclosed, year-round heated pool.

Our flexible, year-round program can range from a one-time evaluation to eight 30 minute private lessons. From fear to stroke refinement, we can help you to become more comfortable in and around water.

The ARFC program emphasizes Red Cross safety techniques throughout – tested concepts that keep both children and adults safe while swimming.

ARFC is committed to quality lessons. Our certified instructors adapt then customize the Red Cross program to fit your individualized needs.

For maximum progress, we recommend two 30 minute lessons per week. (Due to the length of the lessons, we do not recommend them for children under three years of age during the winter.)

## Schedule/Pricing

Class schedule to be determined by student and instructor. Minimum of two classes per week must be scheduled. Fewer than two classes per week must be approved by instructor.

	<u>Member</u>	<u>Non-member</u>
Evaluation lesson (ages 3 and up).....	\$30	\$40
Two half hour sessions.....	\$55	\$80
Four half hour sessions.....	\$105	\$140
Six half hour sessions.....	\$145	\$180
Eight half hour sessions.....	\$165	\$200

### Private lessons may not be shared.

24-hour cancellation notice required or lesson is forfeited

## Adults And Children Welcome

Private swim lessons are available for all ages and all levels of swimmer. Private lessons are a great way to learn how to swim and are specifically designed for those adults or children who require more personal attention or do not respond well in class settings.

## Red Cross Group Lessons Available

AR&FC also has Red Cross group swim lessons for children as young as six months old.

### Learn to Swim Group Programs

- Parent/Child Level 1: Ages 6 months–3 years
- Parent/Child Level 2: Ages 3 – 4 years
- Level 1: Introduction to Water Skills
- Level 2: Fundamental Aquatic Skills
- Level 3: Stroke Development
- Level 4: Stroke Improvement
- Level 5: Stroke Refinement

## Director - Bonnie Records

### Education/Experience

- 11 years red cross swim lessons including three years as ARFC swim lesson manager
- Taught students ranging in ages eight months to 70 years of age
- Eleven years lifeguard experience including head lifeguard at ARFC for 3 years
- Sierra College swim conditioning
- Certifications that include WSI Red Cross, EMT/CPR-PRO, AED/First Aid

ARFC's former swim lesson manager has returned & taken over the swim lesson program with a staff of certified instructors, not only dedicated to making children water safe, but now also making for seamless progression for those interested in joining other ARFC's junior aquatics programs.

## Private Swim Lesson Packages

Student's Previous Water Experience \_\_\_\_\_

Student's Name \_\_\_\_\_ Age \_\_\_\_\_ Member # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Registration Fee \_\_\_\_\_ Receipt # \_\_\_\_\_ Evaluation  Lessons 2  4  6  8

Parent's Name \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Email Address \_\_\_\_\_

### Member and Non-Member Pricing

Evaluation lesson (3 years & older)...\$30...\$40      2 half hour sessions...\$55...\$80

4 half hour sessions...\$105...\$140

6 half hour sessions...\$145...\$180

8 half hour sessions...\$165...\$200

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 damage I might have against Auburn Racquet & Fitness Club and its agents for any and all injuries which may be suffered by my child in connection with participation in this program.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Visa and Mastercard Accepted

# Auburn Racquet & Fitness Club

## Swimming Lessons



## Private Lessons



## Private Swim Lessons



**Bubble-Enclosed, Year-Round Heated Pool\***

\* Enclosed in winter

**For Children & Adults**

**Auburn Racquet & Fitness Club**

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Auburn, CA 95603

Phone: 530-885-1602

Email: [info@ar-fc.com](mailto:info@ar-fc.com)

Website: [www.ar-fc.com](http://www.ar-fc.com)