

# 2019 Private & Semi-Private Swim Lessons

## Program Description

Private and Semi-Private Swim Lessons are offered year round at the Auburn Racquet & Fitness Club. Lessons are conducted in water temperature of 86 degrees..

**Private lesson: one student / one instructor**  
**Semi-Private: two students/one instructor**  
*(students of similar water skill levels & ages)*

Summer Lessons will take place Monday–Thursdays same time, same instructor for the duration of the sessions.

## Skill Levels

ARFC Aquatics method of swimming instruction is a series of progressions. Our swimming instructors break apart a skill, perfect the parts, and put the skill back together. As one skill is mastered, the swimmer advances to the next level. Upon completion of skills within the swim level, the student will receive a Certificate of Accomplishment and move onto ARFC's next skill level.

**FROG/ Beginner Swimmer:** This swimmer is not yet comfortable getting eyes/face wet. Our goals for this level are comfort in the water, eyes in and blowing bubbles, supported front float, basics of swimming, and water safety skills.

**FISH/ Advanced Beginner:** This swimmer enjoys the water, eyes in, but cannot swim on top of the water yet. Our goals for this level are for more independent swimming, catching a breath, introduction to freestyle and backstroke, and water safety skills.

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

**SHARK/Advanced Swimmer-** This swimmer knows the four basic strokes. Our goals for this level are to prepare the swimmer for lap swimming or swim team.

## Aquatics Facilities & Staff

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 swimmer, a confident swimmer, and a happy swimmer!

## Pricing

**Private lessons may not be shared.**  
**A 24-hour cancellation notice is required or lesson is forfeited.**

Private	Member	Non-Member
4 half hour lessons	\$125	\$155
6 half hour lessons	\$155	\$185
8 half hour lessons	\$185	\$215

Semi-Private	Member	Non-member
4 half hour lessons	\$185	\$245
6 half hour lessons	\$245	\$305
8 half hour lessons	\$305	\$365



Participant's Previous Water Experience \_\_\_\_\_

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

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

Phone (C) \_\_\_\_\_ (H) \_\_\_\_\_ Email Address \_\_\_\_\_

Registration Fee \_\_\_\_\_ Receipt # \_\_\_\_\_

**PRIVATE:** 4 Lessons \$125/\$155 6 Lessons \$155/\$185 8 Lessons \$185/\$215

**SEMI-PRIVATE:** 4 Lessons \$185/\$245 6 Lessons \$245/\$305 8 Lessons \$305/\$365

**LEVEL:** FROG/ Beginner FISH/Advanced Beginner DOLPHIN/ Intermediate SHARK/Advanced

I agree 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 me in connection with participation in this program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Auburn Racquet & Fitness Club

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**Ages 2 and Up**

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