



# Adult Swim Lessons

## Private and Semi-private Lessons

	Private Lessons 45 Minutes	6** Private Lessons 45 Minutes Save ~10%
<b>MEMBERS</b>	<b>\$54</b>	6 x \$48 = <b>\$288</b>
<b>PUBLIC</b>	<b>\$66</b>	6 x \$58 = <b>\$348</b>
	Semi-private Lessons* 45 Minutes	6** Semi-private Lessons* 45 Minutes Save ~10%
<b>MEMBERS</b>	<b>\$72</b> = \$36 per person	6 x \$64 = <b>\$384</b>
<b>PUBLIC</b>	<b>\$86</b> = \$42 per person	6 x \$76 = <b>\$456</b>
*Semi-Private Lessons: We do not pair. You must bring 2 <sup>nd</sup> person & have similar skills		
**6 Lesson Package expires after 6 months. Not refundable after 1 <sup>st</sup> lesson		

With adults, Learning to swim is usually 80% overcoming the fear of water.

The other 20% is learning the strokes and basic floating.

With kids it's usually the reverse (80% method, 20% overcoming fears).

We understand this teaching difference, and will be there for you.

A bonus: Adults don't usually need as many swim lessons to learn once they overcome their fear.

## Why Consider Private Swim Lessons for Adults?

- The instructor is able to focus all of their energy and expertise on just one student, and students will advance much faster and feel more comfortable.
- Swimming can be learned by people of all ages. Adult private swimming lessons are a great way to properly learn swimming in adulthood.

## Benefits of Swimming

Increased Muscle Tone and Strength, Improved Flexibility, a Healthier Heart & Weight control

Swimming is a skill you can do for a lifetime when you can no longer do weight bearing exercises

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Terri is a certified Water Safety Instructor Trainer (WSI) who enjoys teaching fearful adults to swim, or to improve their swimming skills. She is experienced in teaching all levels of swimming. Terri was a division 1 college swimmer, and is a current masters swimmer.