

# SWIMMING

PROFESSIONAL INSTRUCTION

LESSONS



PRIVATE & SEMI-PRIVATE SWIM LESSONS AVAILABLE

LIFEGUARD COURTNEY SHIELDS, IS BRINGING HER EXPERTISE IN SWIM INSTRUCTION TO BENTWOOD AND WILL BE OFFERING A VARIETY OF SWIM LESSON PROGRAMS FOR ALL AGES THIS YEAR STARTING WHEN THE POOL OPENS! HER FOCUS IS TO PROVIDE AN ATMOSPHERE OF ENJOYMENT AND SAFETY FOR ALL PARTICIPANTS FOLLOWING THE AMERICAN RED CROSS LEARN-TO-SWIM PROGRAM.

*Water safety is essential. The main goal of our swim lesson program is to teach young children to swim at their own level and enjoy the experience. Each child will have the opportunity to learn basic safety skills, survival skills, and, depending on the level of the class, stroke skills. Student to teacher ratio is small to better serve and individualize students' progress. All students will receive a certificate at the end of each session.*

Swim lessons are open to adults and children of all skill levels. Lessons are booked by appointment only and times are flexible to accommodate participant needs with instructor availability

Cost: Prices per 1/2 hour are as follows.

	Private	Semi-Private
Members.....	\$15*(\$80)	\$10ea (\$55)
Non-member .....	\$25*(\$140)	\$15ea. (\$85)

**Cancellations require 24 hour notice.**

**\*Discounts available if booking a package of 6 private or semi-private lessons. Package pricing in parentheses.**

**FMI or Sign-up, please contact Courtney Shields: 325-725-7527**