



Adult Swim Lessons

Private and Semi-private Lessons

	Private Lessons 45 Minutes	6** Private Lessons 45 Minutes Save ~10%
MEMBERS	\$60	6 x \$54 = \$324
PUBLIC	\$72	6 x \$66 = \$396
	Semi-private Lessons* 45 Minutes	6** Semi-private Lessons* 45 Minutes Save ~10%
MEMBERS	\$78 = \$39 per person	6 x \$70 = \$420
PUBLIC	\$92 = \$46 per person	6 x \$82 = \$492

*Semi-Private Lessons:

We do not pair. You must bring 2nd person & have similar skills

**6 Lesson Package expires after 6 months. Not refundable after 1st 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

<p>Terri Ruggiero WSI Instructor Trainer truggiero@ohaclub.com</p>	<p>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.</p>
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