

# HARBOR

## ATHLETIC CLUB

# Swim Lessons

Monday February 24th - April 13th		
4:00--5:00 pm	Stroke Technique S	Rachael
6:00-7:00 pm	Stroke Endurance S	Rachael
Tuesday February 25th - April 14th		
10:30-11:00 am	Sailboat W	Rachael
11:00-11:30 am	Tugboat W	Kathy
11:00-11:30 am	Rowboat W	Rachael
11:30-12:00 pm	Paddleboat W	Rachael
3:45-4:15 pm	Sailboat W	Morgan
3:45-4:15 pm	Rowboat W	Peg
3:45-4:15 pm	Paddleboat W	Rachael
4:15-4:45 pm	Paddleboat W	Morgan
4:15-4:45 pm	Sailboat W	Peg
4:15-4:45 pm	Rowboat W	Rachael
4:30-5:30 pm	Swim Training for Twins L	Jennifer
4:30-5:30 pm	Stroke Technique L	Erica
4:45-5:15 pm	Rowboat W	Morgan
4:45-5:15 pm	Skiboat W	Peg
4:45-5:15 pm	Sailboat W	Rachael
5:15-5:45 pm	Rowboat W	Morgan
5:15-5:45 pm	Paddleboat W	Peg
5:15-5:45 pm	Skiboat W	Rachael
6:00-6:45 pm	Skiboat S	Peg
6:45-7:30 pm	Yacht S	Peg
Wednesday February 26th - April 15th		
4:00-4:30 pm	Paddleboat W	Liz
4:00-4:30 pm	Rowboat W	Vince
4:30-5:30 pm	Swim Training for Twins L	Jennifer
4:30-5:30 pm	Stroke Technique L	Erica
4:30-5:00 pm	Sailboat W	Liz
4:30-5:00 pm	Skiboat W	Vince
5:00-5:30 pm	Rowboat W	Vince
5:00-5:30 pm	Tugboat W	Liz

Thursday February 27th - April 16th		
10:00-10:30 am	Paddleboat W	Peg
10:30-11:00 am	Rowboat W	Peg
10:30-11:00 am	Tugboat W	Kathy
11:00-11:30 am	Rowboat W	Peg
4:30-5:30 pm	Stroke Endurance S	Rachael
4:45-5:30 pm	Skiboat S	Liz
5:30-6:00 pm	Sailboat W	Becca
6:00-6:30 pm	Paddleboat W	Becca
6:30-7:00 pm	Rowboat W	Becca
Friday February 28th - April 17th		
4:00-4:30 pm	Sailboat W	Marie
4:00-4:30 pm	Rowboat W	Vince
4:30-5:00 pm	Skiboat W	Marie
4:30-5:00 pm	Paddleboat W	Vince
5:00-5:30 pm	Rowboat W	Marie
5:00-5:30 pm	Sailboat W	Vince
Saturday February 29th - April 18th		
10:15-10:45 am	Sailboat W	Becca
10:15-10:45 am	Tugboat W	Marie
10:45-11:15 am	Rowboat W	Marie
10:45-11:15 am	Skiboat W	Becca
11:15-11:45 am	Paddleboat W	Marie
11:15-11:45 am	Rowboat W	Becca
12:00-12:45 pm	Skiboat S	Marie
12:00-1:00 pm	Stroke Technique S	Becca

Group Lesson Fees	8x30 Min	8x45 Min
Members	\$112	\$134
Non Members	\$140	\$184
Swim Team Fees	8x60 Min	
Members	\$112	
Non Members	\$140	
Stroke Endurance and Swim Training for Twins classes are half off when purchasing 2nd or 3rd day		

Pool Locations	
S	Sport Pool
W	Warm Water Pool
L	Lap Pool
O	Outdoor Pool

The next swim lesson sign up will be available  
Thursday, April 2nd. Classes will start April 20th.

[www.harborathletic.com](http://www.harborathletic.com)



#### Harbor Swim School Class Descriptions:

Tugboat: Parent/Child: A class for children age 6 months to 3 years, children must wear swim diapers if not potty trained.

Paddleboat: Children must be at least 3 yrs of age (or have prior approval from Kathy or Rachael).

Children must be able to attend class without a parent and follow teacher instructions.

Rowboat: Children must be able to go underwater comfortably.

Sailboat: Children must be able to float independently on stomach and back and demonstrate rotary breathing.

Skiboat: Children must have mastered rotary breathing and can swim freestyle and backstroke across pool.

Yacht: Children must have knowledge of the four competitive strokes and be able to do legal breaststroke and butterfly kick.

Please let us know if your child has any special needs.

#### Swim Team Class Descriptions:

Stroke Technique: Classes held in Sport and Lap Pool. Ages 6-11 yrs. Kids must have knowledge of 4 competitive strokes and be able to do LEGAL breaststroke and butterfly kick. Class will focus on improving stroke and turn mechanics.

Stroke Endurance: Classes held in Sport Pool. Ages 9-12 yrs. Designed for competitive swimmers. Kids must have at least one season of competitive swim experience and have four legal strokes. Class will focus on maintaining proper stroke mechanics for longer distances.

Swim Training for Tweens: Designed for competitive swimmers ages 12 years and older who would like a structured swim workout. Swimmers should be proficient in all 4 strokes. Swimmers should expect to swim a minimum of 2000 yards per day.

#### Harbor Swim School Policies:

1. Refunds and credits will not be given once the classes have started. To receive a full refund you must cancel one week prior to the beginning of the session.
2. Harbor does not offer make up lessons if a class is missed except for Parent/Child classes.
3. Parents/spectators must watch from the far side of the pool and remain clear of the learning area.
4. Children who aren't potty trained must wear swim diapers.
5. Participants must shower before entering the pool.
6. Only members may use the facility during their child's swim lesson. Non members may purchase a day pass at the front desk.
7. Effective January 6, 2020 ALL pools will be closed during swim instruction. This means there is not family swim during lessons. Questions regarding this should be directed to rachael@harborathletic.com or

**PRIVATE LESSONS:** One on one or semi private instruction for all ages and ability levels. To enroll in private lessons please fill out an intake form at the front desk or go to [www.harborathletic.com](http://www.harborathletic.com) and fill it out online.

Private Swim Fees*	Members	Non Members	Additional Person+	+ Extra charge for each add'l person
1/2 hour	\$35	\$50	\$10	
5 x 1/2 hours	\$160	\$200	\$50	
10 x 1/2 hours (5x1 hr)	\$300	\$375	\$100	