

## Spring Hill Country Club Aquatics Programs

### Group Swim Lessons

We are incredibly excited to be able to offer group swim lessons this summer! Each group swim lesson session is 3 weeks long with one 30 minute lesson a week. Interested in signing up for more than one day a week? Talk to our pool manager about our multiple session discount. Cost: \$30/session (member), \$40/session (non-member)

Session 1: Wed 7/21 - 8/4

Preschool 1: 10:00 - 10:30 AM

Preschool 2: 10:40 - 11:10 AM

Level 1: 10:40 - 11:10 AM

Level 2: 10:00 - 10:30 AM

Level 3: 11:20 AM - 11:50 AM

Session 2: Thurs 7/22 - 8/5

Preschool 1: 11:20 - 11:50 AM

Preschool 2: 10:40 - 11:10 AM

Level 1: 10:00 - 10:30 AM

Level 2: 10:40 - 11:10 AM

Level 3: 10:00 - 10:30 AM

Session 3: Fri 7/23 - 8/6

Preschool 1: 10:40 - 11:10 AM

Preschool 2: 10:00 - 10:30 AM

Level 1: 11:20 - 11:50 AM

Level 2: 10:40 - 11:10 AM

Level 3: 10:00 - 10:30 AM

### AUGUST GROUP LESSON SIGN UPS NOW AVAILABLE!

Parent/Tot

Wednesday's at 11:20 AM  
8/11 - 8/25

Thursday's at 10:40 AM 8/12  
- 8/26

Preschool 1

Wednesday's at 10:40 AM  
8/11 - 8/25

Friday's at 11:00 AM - 8/13 -  
8/27

Preschool 2

Thursday's at 11:20 AM 8/12  
- 8/26

Friday's at 10:40 AM  
8/13 - 8/27

Level 1

Wednesday's at 10 AM 8/11 -  
8/25

Thursday's at 10:40 AM 8/12  
- 8/26

Level 2

Wednesday's at 11:20 AM  
8/11 - 8/25

Level 3

Thursday's at 10 AM  
8/12 - 8/26

Level 4

TBD

### Private and Semi-Private Swim Lessons

We are also offering private and semi private swim lessons! Private and semi-private lessons are great for all ages. Whether it is someone who is learning to swim for the first time, trying to prepare for an aquatic event, or just trying to get back into shape our instructors can work with you to come up with a program that best fits your needs.

Private Lessons: \$20/lesson (member), \$25/lesson (non-member)

Private swim lessons allow for a one on one instructor and student experience. This allows our instructors to cater to meet individual needs and goals.

Semi-Private Lessons\*: \$15/lesson (member), \$20/lesson (non-member)

Our semi-private swim lessons allow swimmers to work together with an instructor to achieve goals in a 2 on 1 environment. \*Price per person

Questions? Contact our pool manager, Chloe Hubbard, at [aquatics@albany-golf.com](mailto:aquatics@albany-golf.com)

## Spring Hill Country Club Aquatics Programs

### Parent/Child Lessons (Ages 6 months - 3 years)

#### Parent/Tot: Tiny Turtles

Join our instructor Kat and her daughter Tori in our Tiny Turtles class. Our Tiny Turtles class allows children under 3 to be in the water with a parent/guardian. Kids will be introduced to swim lessons in a fun and engaging way. Parents are given the tools to swim safely in the water with their little ones. Maximum of 10 students.

Drop in available for \$15. Spaces limited.

### Preschool Swim Lessons (Ages 3-5)

#### Preschool 1: Starfish

Introduction to swim lessons for children ages 3-5 years old. No prior swim lessons necessary. Students will develop their aquatic and water safety skills in a fun and engaging environment. Maximum of 4 students per instructor.

#### Preschool 2: Penguins

Preschool 2 is for children ages 3-5 who are already comfortable submerging their face in the water and jumping in independently. Students continue to build their skills in a safe and fun way. Maximum of 5 students per instructor.

#### Preschool 3: Seals

Our preschool 3 class is for children ages 3-5 who are already able to float independently on both their front and back. This class continues to develop endurance and technical ability in a fun, safe, and engaging way. Maximum 5 students per instructor

### Age Group Lessons (Ages 5-12)

#### Level 1: Beginner

Our level 1 Beginner class gives children ages 5 and older the opportunity to gain confidence and begin to build their swimming skills. This level introduces basic water safety. Maximum of 4 students per instructor.

#### Level 2: Developing Skills

Our level 2 class is geared towards children 5 and older who can already float independently in the water. This class continues to build their water safety and swimming skills. Maximum 5 students per instructor

#### Level 3: Building Endurance

Our level 3 class is for children 5 and older who can already swim independently at least 2 body lengths. This level continues to develop their strokes, water safety skills, and begins to build their endurance. Maximum of 6 students per instructor.

Questions? Contact our pool manager, Chloe Hubbard, at [aquatics@albany-golf.com](mailto:aquatics@albany-golf.com)

## Spring Hill Country Club Aquatics Programs

### Level 4: Advanced Strokes

Our level 4 class is designed for children 5 and older who are already able to pass the swim test. Advanced strokes emphasizes stroke development and technique while preparing children for the swim team or setting them up for success to be a lifelong swimmer. Maximum of 6 students per instructor.

### **Shallow Water Aerobics**

We are excited to be able to offer a 40 minute shallow water aerobics class at 10:20 AM on Thursday's starting August 6th!

### **Red Cross Lifeguard Certification Class**

We will be holding 2 lifeguard certification classes before the end of summer. Spaces are limited. Please contact pool manager Chloe Hubbard with any questions.

Cost: Member - \$175, Non-member - \$200

Session 1: July 24th and 25th

Session 2: August 13th - August 15th

Interested in something we don't currently offer? Let us know!