

# Albany Golf and Event Center

## Swim Lesson Description

Swim lessons are broken up into sessions. All swim lessons are 30 minutes in duration. **If you have questions, contact Elise Linderman, at [aquatics@albany-golf.com](mailto:aquatics@albany-golf.com). All swim lesson sign-ups will take place in the main office. No refunds for missed lessons.**

**COST:** \$45/session (member pricing) or \$55/session (non-member pricing)

### **Class Descriptions:**

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

This 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.

#### **Preschool 1 (Ages 3-5)**

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.

#### **Preschool 2**

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

#### **Preschool 3**

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.

### **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.

#### **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.

### **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 begin to build their endurance.

### **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 emphasize stroke development and technique while preparing children for the swim team or setting them up for success to be lifelong swimmers. Maximum of 5 students per instructor.

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. Each swim lesson is 30 minutes in duration. **Up to 4 private or semi-private lessons may be purchased at a time.**

**Private Lessons:** \$30/lesson (member), \$35/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\*:** \$25/lesson (member), \$30/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

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## Swim Lessons

### **2 lessons a week for 2 weeks: Tuesday/Thursday or Wednesday/Friday**

Session 1: 6/20-6/29

Session 2: 7/4-7/13

Session 3: 7/18-7/27

Session 4: 8/1-8/10

Session 5: 8/15-8/24

### **1 lesson a week for 4 weeks: Saturdays or Thursdays for Parent/Child**

Saturday Session 1: 6/24-7/15

Saturday Session 2: 7/22- 8/12

Parent/Child Session 1: 6/22- 7/13

Parent/Child Session 2: 7/20-8/10

### **Dates and Times:**

**Parent/Child:** Thursday @ 11:20 AM

**Preschool 1:** Tuesday/Thursday @ 11:20 AM, Wednesday/Friday @ 10:40 AM, Saturday @ 11:20

**Preschool 2:** Tuesday/Thursday @ 10:00 AM, Wednesday/ Friday @ 11:20 AM

**Preschool 3:** Wednesday/Friday @ 11:20 AM, Saturday @ 10:40 AM

**Level 1:** Tuesday/Thursday @ 10 AM, Wednesday/Friday @ 11:20 AM, Saturday @ 10:40 AM

**Level 2:** Tuesday/Thursday @ 10:40 AM, Wednesday/Friday @ 10 AM, Saturday @ 10 AM

**Level 3:** Tuesday/Thursday @ 11:20 AM, Wednesday/Friday @ 10 AM, Saturday @ 11:20 AM

**Level 4:** Tuesday/Thursday @ 10:40 AM, Wednesday/ Friday @ 10:40 AM