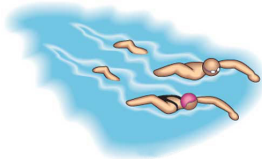


HarborAthleticClub | Swim Lessons

fitness is a lifelong pursuit

Monday		
Session #1: June 11-July 9		
Session #2: July 23-Aug 20		
12:00-12:30 pm	Paddleboat P W	Gina
12:00-12:30 pm	Sailboat P W	Derek
12:30-1:00 pm	Rowboat P W	Gina
12:30-1:00 pm	Sailboat W	Derek
1:15-2:00 pm	Skiboat S	Derek
2:00-2:45 pm	Yacht S	Derek
Tuesday & Thursday		
Session #1: June 12-July 12		
Session #2: July 24-Aug 23		
10:00-10:30 am	Skiboat O/W	Liz
10:30-11:00 am	Rowboat O/W	Liz
11:00-11:30 am	Paddleboat O/W	Liz
11:30-12:00 pm	Sailboat O/W	Liz
Tuesday		
Session #1: June 12-July 10		
Session #2: July 24-Aug 21		
11:00-11:30 am	Tugboat O/W	Kathy
4:00-4:30 pm	Rowboat W	Ashley
4:15-4:45 pm	Skiboat W	Jane
4:30-5:00 pm	Paddleboat W	Ashley
4:45-5:15 pm	Rowboat W	Jane
5:00-5:30 pm	Sailboat W	Ashley
5:15-5:45 pm	Sailboat W	Jane
5:30-6:00 pm	Rowboat W	Ashley
6:00-6:30 pm	Skiboat W	Ashley
6:00-6:45 pm	Adult Beginner S	Jane

Wednesday		
Session #1: June 13 - July 18		
Session #2: July 25 - Aug 22		
(no class on July 4th)		
11:15-12:00 pm	Skiboat S	Peg
12:05-12:35 pm	Paddleboat W	Peg
12:35-1:05 pm	Rowboat W	Peg
1:05-1:35 pm	Sailboat W	Peg
Thursday		
Session #1: June 14 - July 12		
Session #2: July 26 - Aug 23		
10:30-11:00 am	Tugboat O/W	Kathy
4:00-4:30 pm	Sailboat W	Carolyn
4:30-5:00 pm	Paddleboat W	Carolyn
5:00-5:30 pm	Rowboat W	Carolyn
5:15-5:45 pm	Skiboat W	Rachael
5:30-6:00 pm	Paddleboat W	Carolyn
5:45-6:15 pm	Tugboat W	Rachael
6:15-6:45 pm	Sailboat W	Rachael
Saturday		
Session #1: June 16 - July 14		
Session #2: July 28 - Aug 25		
10:15-10:45 am	Sailboat W	Marie
10:45-11:15 am	Rowboat W	Marie
11:15-11:45 am	Skiboat W	Marie
11:45-12:15 pm	Paddleboat W	Marie
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 session starting. Harbor does not offer make up lessons if a class is missed.		



Group Lesson Fees	5x30 Min	5x45 Min	10x30 Min
Members	\$70	\$85	\$140
Children of Members	\$80	\$100	\$160
Non Members	\$90	\$125	\$180

W-Warm Pool,
S-Sport Pool,
L-Lap Pool,
O-Outdoor Pool

P-Pre-school for
 Children age 3 - 5

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/interest and fill it out online.

Private Swim Fees*	Members	Non Members	Additional Person*
1/2 hour	\$35	\$50	\$10
5 x 1/2 hours	\$140	\$175	\$50
10 x 1/2 hours (5x1 hr)	\$265	\$335	\$100

* Extra charge for each additional person

The next swim lesson sign up will be available August 19th. Classes will start September 10th.



Harbor Swim School now features:

- Small class sizes, with lots of individual attention
- A lifeguard on deck---parents can feel free to go work out during their child's lesson
- A safe, learning space with few distractions
- Make up lessons for our parent/child classes

Harbor Swim School Class Descriptions:

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

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

Rowboats: Beginner: Children must be able to go underwater comfortably.

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

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

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

Swim Lessons

Summer Stroke Clinic		
A clinic for summer swimmers who are looking for a little more stroke instruction. Ages 6 and up. Kids must be able to swim 100 yards and should know all four competitive strokes.		
Wednesday June 6-July 25 no class on July 4th		
4:00-5:00 pm	Stroke Clinic S	Jennifer/Rachael
6:00-7:00 pm	Stroke Clinic S	Jennifer/Rachael
Thursday June 14-July 26		
1:00-2:00 pm	Stroke Clinic S	Rachael
Members	Child of member	Non
\$98	\$113	\$126

Adult Beginner		
This class is for adults who have always wanted to learn to swim or need to improve their comfort level. Class will cover everything from floating & breathing to basic stroke development.		
Tuesday Session #1: June 12-July 10 Session #2: July 24-Aug 21		
6:00-6:45 pm	Adult Beginner W	Jane
Members		Non-Members
\$120		\$170

W-Warm Pool, S-Sport Pool, L-Lap Pool

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.