

# HarborAthleticClub | Swim Lessons

fitness is a lifelong pursuit

Summer 2018

Tuesday June 12 - July 31		
10:30-11:00 am	Sailboat W/O	Liz
11:00-11:30 am	Tugboat W/O	Kathy
11:00-11:30 am	Paddleboat W/O	Liz
11:30-12:00 pm	Rowboat W/O	Liz
3:45-4:15 pm	Rowboat W	Rachael
4:00-4:30 pm	Sailboat W	Lizzy
4:15-4:45 pm	Rowboat W	Rachael
4:30-5:00 pm	Skiboat W	Lizzy
4:45-5:15 pm	Sailboat W	Rachael
5:00-5:30 pm	Paddleboat W	Lizzy
5:15-5:45 pm	Skiboat W	Rachael
5:15-5:45 pm	Rowboat W	Jane
5:30-6:00 pm	Sailboat W	Becca
6:00-6:30 pm	Paddleboat W	Becca
6:00-6:45 pm	Skiboat S	Jane
6:30-7:00 pm	Rowboat W	Becca
6:45-7:30 pm	Yacht S	Jane
Tuesday - Thursday Session #1: June 13 - July 5 Session #2: July 10 - August 2		
10:30-11:00 am	Paddleboat W/O	Rachael
11:00-11:30 am	Rowboat W/O	Rachael
11:30-12:00 pm	Sailboat WO	Rachael
12:00-12:30 pm	Skiboat W/O	Rachael

Wednesday June 13 - August 8 (no class 7/4)		
4:00-4:30 pm	Paddleboat W	Liz
4:00-4:30 pm	Rowboat W	Vince
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 June 14 - August 2		
10:30-11:00 am	Rowboat W/O	Peg
10:30-11:00 am	Tugboat W/O	Kathy
11:00-11:30 am	Sailboat W/O	Peg
11:30-12:00 pm	Paddleboat W/O	Peg
3:30-4:00 pm	Rowboat W	Peg
4:00-4:30 pm	Sailboat W	Peg
4:30-5:00 pm	Rowboat W	Peg
5:15-6:00 pm	Skiboat S	Peg
5:15-5:45 pm	Rowboat W	Lizzy
5:45-6:15 pm	Sailboat W	Michael
5:45-6:15 pm	Paddleboat W	Lizzy
6:15-6:45 pm	Skiboat W	Michael
6:15-6:45 pm	Rowboat W	Lizzy
Saturday June 16 - August 4		
10:15-10:45 am	Sailboat W	Marie
10:15-10:45 am	Rowboat W	Becca
10:45-11:15 am	Rowboat W	Marie
10:45-11:15 am	Sailboat W	Becca
11:15-11:45 am	Paddleboat W	Marie
11:15-11:45 am	Tugboat W	Becca
11:50-12:35 pm	Skiboat S	Marie

**Online signup!**  
Go to [HarborAthletic.com](http://HarborAthletic.com), click on "Register for Classes" (MindBody). Use the instructions on "Harbor Swim School" page.

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.

**Summer swim lesson Special!**  
**Pay for 7 lessons...get one Free!**  
**8 lessons for the price of 7!**

Group Lesson Fees	8x30 Min	8x45 Min
Members	\$99	\$121
Non Members	\$127	\$171



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

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

The Warm Pool & Lap Pool are Saltwater!



**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 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.

**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.

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

**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.

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

**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](http://www.harborathletic.com/interest) and fill it out online.

Private Swim Fees*	Members	Non Members	Additional Person+	
1/2 hour	\$35	\$50	\$10	+ Extra charge for each additional person
5 x 1/2 hours	\$150	\$175	\$50	
10 x 1/2 hours (5x1 hr)	\$275	\$335	\$100	

**The next swim lesson sign up will be available August 16th. Classes will start September 11th.**