

HarborAthleticClub | Swim Lessons

fitness is a lifelong pursuit

Winter 2018

Tuesday January 9 - February 20		
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	Paddleboat W	Rachael
4:00-4:30 pm	Sailboat W	Kira
4:15-4:45 pm	Rowboat W	Rachael
4:30-5:00 pm	Skiboat W	Kira
4:45-5:15 pm	Sailboat W	Rachael
5:00-5:30 pm	Paddleboat W	Kira
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
Wednesday January 10 - February 21		
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 January 11 - February 22		
10:00-10:30 am	Paddleboat W	Liz
10:30-11:00 am	Rowboat W	Liz
10:30-11:00 am	Tugboat W	Kathy
11:00-11:30 am	Sailboat W	Liz
3:30-4:00 pm	Paddleboat 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	Sara
5:45-6:15 pm	Sailboat W	Michael
5:45-6:15 pm	Paddleboat W	Sara
6:15-6:45 pm	Skiboat W	Michael
6:15-6:45 pm	Rowboat W	Sara
Friday January 12 - February 23		
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 January 13 - February 24		
10:15-10:45 am	Sailboat W	Marie
10:45-11:15 am	Rowboat W	Marie
11:15-11:45 am	Paddleboat W	Marie
11:50-12:35 pm	Skiboat S	Marie
Sunday January 14 - February 25		
3:00-3:30 pm	Sailboat W	Becca
3:30-4:00 pm	Rowboat W	Becca
4:00-4:30 pm	Paddleboat W	Becca

Online signup is HERE!
Go to 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.

Group Lesson Fees	7x30 Min	7x45 Min
Members	\$99	\$121
Non Members	\$127	\$171

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

The Warm Pool & Lap Pool are Saltwater!

www.harborathletic.com



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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

Stroke Technique January 10 - February 25		
Designed for competitive swimmers ages 6-11. 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.		
Wednesday	5:30-6:30 L	Maddy
Thursday	4:30-5:30 pm L	Michael
Sunday	4:45-5:45 pm S	Becca
Stroke Endurance January 8 - February 22		
Designed for competitive swimmers ages 9 and older, kids must have at least one season of competitive swim experience and have 4 legal strokes. Class will focus on maintaining proper stroke mechanics for longer distances.		
Monday	4:00-5:00 pm S 9-12yrs	Rachael
Monday	6:00-7:00 pm S 9-12yrs	Rachael
Wednesday	4:00-5:00 pm S 9-12 yrs	Rachael
Wednesday	6:00-7:00 pm S 9-12 yrs	Rachael
Thursday	4:30-5:30 pm S 9-12yrs	Rachael
Swim Training for Tweens January 8 - February 21		
Designed for competitive swimmers ages 12 and up who want a structured workout. Swimmers should be proficient in all 4 strokes, expect to swim approximately 2000 yards per day.		
Monday	4:30-5:30 pm L 12yrs+	Jennifer
Wednesday	4:30-5:30 pm L 12yrs+	Jennifer
Members	Pricing	Non
\$99	7 weeks of classes	\$127
Stroke Endurance and Swim Training for Tweens classes are half off when purchasing 2nd or 3rd day		

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

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+	+ Extra charge for each additional person
1/2 hour	\$35	\$50	\$10	
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 February 1st. Classes will start February 26th.