

PRIVATE
AND SEMI-PRIVATE
LESSONS

Private ratio 1 : 1

Semi Private ratio 2 : 1

Private and semi-private lessons are developed to meet the needs of all swimmers.

Private/semi-private lessons come in a package of 6 classes. Lessons are scheduled with the Pool Director and are scheduled on a first come, first serve basis.

PRIVATE/SEMI-PRIVATE FEE:

Private Lessons:

\$85 for members/ \$100 for non-members

***payment includes 6 classes of 1 on 1 instruction*

Semi-Private Lessons:

\$125 for members / \$150 non-members

***payment includes 6 classes of 2 on 1 instruction*

This payment covers 2 people

All private lessons are scheduled by email at:

kohara@shehancenter.org

For more information please contact..

Katherine O'Hara –Program Director

Gerard Pugh –Pool Director / Swim Instructor

OPEN SWIM
NIGHTS

OPEN SWIM NIGHTS are designed for all children and families who love to swim. The program is set up as an open swim to get swimmers more experience and time in the water. Whether you want to practice your independent swimming, or just hang in the water with friends, **OPEN SWIM NIGHTS** are a great way to spend your Wednesday Nights!

Every Wednesday from 5:30pm-7:00pm

OPEN SWM NIGHT FEE:

\$5.00 per person

Or

\$3.00 per person in a family of 3 or more

Administrative Swim Lesson Policies:

1. If the center cancels classes due to issues with water chemistry, weather, or mechanical malfunctions, classes will be made up per pool availability.
2. If make-ups are unavailable, registered participants will receive a voucher (credit) for the value of the missed class.
3. No make-ups will be offered for personal absences.



Aquatics
Program



Winter 2017

Beginning the week of:

January 8th

10 weeks

(Saturday 10 weeks)

January 8th-March 17th

For more information contact:

Katherine O'Hara

203-336-4468

Group Lessons

Group Lesson Fees:

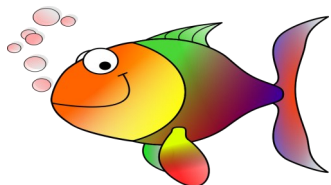
Members: \$75.00
 Non members: \$85.00

Pre-School

Ages 3-4

Introductory class. Children will learn how to enter and exit the water, blow bubbles, hold their breath underwater, bob, front and back floatation along with safety instruction.

<u>Days</u>	<u>Times</u>	<u>Max</u>
Monday	5:30 - 6:00pm	5
Tuesday	5:30 - 6:00pm	5
Thursday	5:30 - 6:00pm	5
Saturday	9:00 - 9:30am	5



**CHECK OUT OUR [FACEBOOK PAGE](#) FOR UP-
 DATES AND CANCELLATIONS!**

Beginner 1

Ages 5-7

Non-swimmers ages 5-7. Introduction to basic swimming. Children will learn the flutter kick, bobbing, freestyle stroke, floating, and safety rules.

<u>Days</u>	<u>Times</u>	<u>Max</u>
Monday	6:00 - 6:30pm	8
Tuesday	6:00 - 6:30pm	8
Thursday	6:00 - 6:30pm	8
Saturday	9:30 - 10:00am	8



Beginner 2

Ages 7 and up

Non-Swimmers. Introduction to basic swimming for children ages 7 and up. This class is set up similar to the Beginner 1 level, with a focus on working with older non-swimmers.

<u>Days</u>	<u>Times</u>	<u>Max</u>
Monday	6:30 - 7:00pm	8
Tuesday	6:30 - 7:00pm	8
Thursday	6:30 - 7:00pm	8
Saturday	10:00 - 10:30am	8

Registration Begins:

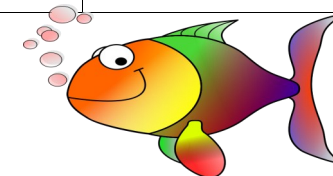
December 11th

Intermediate

Ages 5 and up.

Must be able to swim short distance with limited support. The class will focus on strengthening their ability for independent swimming.

<u>Days</u>	<u>Times</u>	<u>Max</u>
Monday	7:00 - 7:30pm	8
Tuesday	7:00 - 7:30pm	8
Thursday	7:00 - 7:30pm	8
Saturday	10:30 - 11:00am	8



Advanced

Ages 5 and up

Must be able to swim independently in the water. Focused on swim team style swimming and the development of the 4 strokes.

<u>Days</u>	<u>Times</u>	<u>Max</u>
Monday	7:30 - 8pm	10
Tuesday	7:30 - 8pm	10
Thursday	7:30 - 8pm	10
Saturday	11:00 - 11:30am	10

Private Lessons see other side..