



## About Us

Highly motivated and dedicated instructors who want to create a fun and supportive learning environment for new and returning swimmers of all ages

### CONTACT US

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# SWIM LESSONS

Laguna Creek Sports Club





## Class Descriptions

**Baby Belugas:** Parent AND toddler class designed to help the child become comfortable in the water.

**Guppies:** Children are introduced to blowing bubbles, floating, kicking, and pool/water safety.

**Sea Turtles:** Learn how to float and kick independently as well as swim 10 yards on their front and back.

**Seals:** Along with the sea turtle requirements, the swimmer will learn side breathing, elementary backstroke, and treading water.

**Dolphins:** Swimmers will work on technique for freestyle, backstroke, and elementary backstroke and will be introduced to dolphin kicks, dives, and flip turns.

**Sharks:** The swimmer must be able to swim 25 yards freestyle and backstroke. Instruction will focus on breaststroke and butterfly, along with flip turns and dives.

**Alligators:** The swimmer must be able to swim 50 yards freestyle and backstroke. Endurance and stroke refinement will be the main goal of this class.

## Why enroll in swim lessons?

### Health and Fitness

- Swimming is one of the best forms of exercise
- Works every muscle group in the body without stress on bones/joints

### Social Skills

- Children make friends and have fun in a different environment

### Pool/Water Safety

- Children learn what to look out for in or around a body of water and how to be safe

### Life Skill

- Swimming is an important life skill



## Prices

Private lessons - \$230 / 8 lessons

- Children
- Adults
- Adaptive

Group - \$130 / 8 lessons

Baby Beluga - \$65 / 4 lessons

**\*Contact Sophia for session dates and times\***

## Lesson Information

- Each lesson is 25 minutes long
- Morning and Afternoon lessons offered
  - Weekends dates now available
  - Flexible dates for private lessons