

PELICAN

ATHLETIC CLUB



SPLASH

SWIM SCHOOL

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SWIM SCHOOL

We fit all your SWIM LESSON needs:

LOOK AT OUR OPTIONS:

Group

4:1 Student Teacher Ratio

Age 3 and older

The group dynamic is great for kids who thrive watching and working with peers.

Private

1:1 Student Teacher Ratio

ALL AGES & LEVELS (beginner-advanced)

Four 30 minute sessions

The ultimate lesson package with a one-on-one instructor.

Semi- Private

2:1 Student Teacher Ratio

ALL AGES & LEVELS (beginner-advanced)

Two students share four 30 minute sessions

You have a two-to-one student/teacher ratio.

This is perfect for lessons with friends or siblings.

Mommy & Me

4:1 Student Teacher Ratio

Age 6 months - 2 years

This class is to get children to adapt to the water experience. Children must be accompanied by a guardian in water.

Competitive

Ages Vary * Class is only offered in Summer

Can't do 7 weeks of summer league because of vacations? try 2 weeks of competitive lessons instead.

SWIM LESSONS

SPRING / SUMMER / FALL - 10-week package (1 per week)

SPRING SESSION

March, April, May
Begins March 17

SUMMER SESSION

May, June, July
Begins May 26

FALL SESSION

July, Aug, Sept
Begins Aug. 4

10 lessons offered in 10-week session format

One 30-minute lesson per week.

Classes are offered Tuesday, Friday, or Saturday

Members: \$250 Non-Members: \$300

BEGINNER LESSONS - AGES 3 - 5

Tuesday **3:00PM** or **4:00PM**

Friday **3:00PM** or **4:00PM**

Saturday **9:00AM** or **10:00AM**

BEGINNER CLASS DESCRIPTION

Beginners are 3 to 5 year olds with no swim experience. The focus of the class is to remove the child's fear of the water. Additionally floating, kicking, and strokes are introduced at this level.

INTERMEDIATE LESSONS - AGES 4 - 8

Tuesday **3:30PM** or **4:30PM**

Friday **3:30PM** or **4:30PM**

Saturday **9:30AM** or **10:30AM**

INTERMEDIATE CLASS DESCRIPTION

Intermediate lessons are for 4 to 8 year olds who can swim 3-5 feet and take an independent breath. Strokes, safety precautions, and seat dives are introduced at this level.

ADVANCED COMPETITION LESSONS - AGES 4-8

Tuesday **5:00PM**

Friday **5:00PM** 45 MINUTE SESSIONS

Saturday **8:00AM**

ADVANCED CLASS DESCRIPTION

Advanced lessons are for 4 to 8 year olds as a preparation for entering a recreational swim team. In this level all strokes are taught at a rudimentary level. There is a focus on correct breathing, seat, kneeling and standing dives.

SWIM LESSONS- (cont.)

SUMMER SWIM GROUP - 2-week package

Members: \$150 Non-Members: \$180

*8 lessons offered in 2-week session format. Four 40-minute lessons per week.
Classes are offered Monday - Thursday.*

SESSION ONE : May 11-14 & May 18-21	10:00AM	10:45AM	3:45PM			
SESSION TWO : June 1-4 & June 8-11	9:30AM	10:15AM	11:00AM	3:45PM	4:30PM	5:15PM
SESSION THREE : June 15-18 & June 22-25	9:30AM	10:15AM	11:00AM	3:45PM	4:30PM	5:15PM
SESSION FOUR : June 29-July 2 & July 6-9	9:30AM	10:15AM	11:00AM	3:45PM	4:30PM	5:15PM
SESSION FIVE : July 13-16 & July 20-23	9:30AM	10:15AM	11:00AM	3:45PM	4:30PM	5:15PM

SUMMER PRE-COMPETITIVE SWIM GROUP

*8 lessons offered in 2-week session format.
Four 40-minute lessons per week.
Classes are offered Monday -Thursday*

SESSION TWO : June 1-4 & June 8-11	11:15AM
SESSION THREE : June 15-18 & June 22-25	11:15AM
SESSION FOUR : June 29 - July 2 & July 6-9	11:15AM
SESSION FIVE : July 13-16 & July 20-23	11:15AM

Members: \$140 Non-Members: \$170

SUMMER MOMMY & ME GROUP

*4 lessons offered in 1 week session format.
Four (4) 40 minute lessons per week.
Classes are offered Monday -Thursday*

SESSION ONE : June 1-4	11:45AM
SESSION TWO : June 8-11	11:45AM
SESSION THREE : June 22-25	11:45AM

Members: \$145 Non-Members: \$185

PRIVATE LESSONS

Members: \$165 Non-Members: \$205
Four (4) 30 minute sessions.

SEMI-PRIVATE LESSONS

Members: \$250 Non-Members: \$290
Two students sharing four 30-minute sessions.
Both students must be provided at sign up.

All requests before/after session dates will be treated as private or semi-private lessons

For all semi-private, and private lessons, please indicate your preferred instructor and the lesson coordinator will assist with scheduling.

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SWIM SCHOOL

OUR COMMITMENT:

Safety is the main reason for learning to swim. PAC's program will offer your child a safe start in life! We emphasize proper techniques and give special care to correct breathing, body position, and good swim strokes.

The PAC Swim Lesson Program is our beginners program providing your child with swimming skills and a safe start for a lifetime of healthy water activity.

Our highly trained instructors are gentle, responsible, and understand the unique aspects of teaching children how to swim. Each coach and instructor will demonstrate a commitment to the success of your swimmer.

SIGN UP & LESSON INFORMATION

- Complete a swim lesson registration form to reserve a spot.
- Registration forms are found at the PAC Concierge or on our website (thepac.com).
- SUMMER group lessons registration forms are due to the concierge no later than noon on the Friday before the session is to begin.
- During inclement weather, please call your instructor or the PAC front desk to see if your lesson is cancelled.
- Make up classes are offered only if classes are canceled due to inclement weather conditions or PAC commitments.
- Parents/guardians will be contacted via email to confirm swim lesson request(s).
- PAC reserves the right to combine classes.
- The following should be brought to every lesson: SWIM SUIT, TOWEL, and GOGGLES. SWIM CAP is optional

SPLASH

SWIM SCHOOL

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