



Private Swim Lessons

Our Swim Instructors have experience working with children and adults of all swimming abilities.

Plymouth Fitness Private Swim Lessons are one-on-one with a member of our team of qualified Swim Instructors.

We also offer semi-private instruction for two people per lesson.

All classes are 30-minutes in length.

Private Lesson Rates

Private	Member	Guest
1 Session	\$32	\$42
5 Sessions	\$155	\$200
10 Sessions	\$300	\$390
20 Sessions	\$580	\$760
40 Sessions	\$1080	\$1440
Semi-Private	Member	Guest
1 Session	\$52	\$67
5 Sessions	\$250	\$325
10 Sessions	\$485	\$625
20 Sessions	\$940	\$1210
40 Sessions	\$1840	\$2340

Private Instructors

Kristen Baldrate, Kelly Montolio,
Marilyn Ozelius, Laurie Davis, Christina Luja,
Susan Richards and Katie Ozelius

Class Descriptions

In a Red Cross Swim program there are **5 Components** that students will work on: *Water Adjustment, Buoyancy and Breath Control, Water Entry and Exit, Locomotion and Personal Safety and Rescue.*

Here are the skills that are taught at each level:

Waterbabies

Recommended for children

6 months-36 months.

Parents are in the water assisting children with Basic Water Adjustment.

Pre-School

Recommended for children

3-4 years of age.

Children work on Basic Water Adjustment Skills **independent of their parents.**

Level One: Water Exploration

- Fully Submerge Face
- Bubble Blowing (Nose and Mouth)
- Supported Flutter Kick (Front and Back)
- Simultaneous Arm and Leg Action

Level Two: Primary Skills

- Fully Submerged Head
- Floating on Front and Back
- Combine Strokes on Front and Back
- Flutter Kicking on Front and Back

Level Three: Stroke Readiness

- Retrieve Objects Unsupported
- Tread Water
- Coordinate Arms for Front/Back Crawl
- Butterfly Kick with Body Motion
- General Water Safety

Level Four: Stroke Development

- Rotary Breathing
- Front/Back Crawl (25 yards)
- Breaststroke and Sidestroke
- Introduction to Flip Turns
- Experiment with Buoyancy

Fall 2010 Group Classes

Sundays with Kristen

9:00 – 9:30 Preschool/I
9:30 – 10:00 Level II
10:00 – 10:30 Level III

Mondays with Kristen

5:00 – 5:30 Level II
5:30 – 6:00 Level III
Labor Day make-up Fri 9/10

Tuesdays with Kelly

10:00 – 10:30 Preschool
10:30 – 11:00 Waterbabies
1:00 – 1:30 Preschool/I

Wednesday with Laurie

9:00 – 9:30 Preschool/I
9:30 – 10:00 Level II

Wednesdays with Marilyn

4:15 – 4:45 Preschool/I
4:45 – 5:15 Level III
5:15 – 5:45 Level II

Thursdays with Marilyn

4:15 – 4:45 Preschool/I
4:45 – 5:15 Level II
5:15 – 5:45 Level IV

Fridays with Susan

4:15 – 4:45 Level I
4:45 – 5:15 Level II
5:15 – 5:45 Level III

Saturdays with Laurie

8:00 – 8:30 Preschool
8:30 – 9:00 Level II
9:00 – 9:30 Waterbabies

Saturdays with Katie

9:30 – 10:00 Level I
10:00 – 10:30 Level III

Saturdays with Susan

10:30 – 11:00 Level II
11:00 – 11:30 Level IV

Non-Competitive Swim Team -Tuesday's 5:00pm-6:00pm

Learn the sport of swimming. A developmental swim learn for children ages 6 thru 14 who have seen progress in the Red Cross "Learn to Swim" program. Be a part of a team with no pressure to compete. Positive motivation, technique and a cardio workout are all part of the team's mission.

*For more information or to arrange a time for your swimmer to be evaluated, please contact
Kristen Baldrate at 508-746-7448 (ext 38)*

Members: \$59/month & Guests: \$79/month

Sept 7 thru May 31 Members: \$450 & Guests: \$600

Group Class Registration Schedule

Current Students: Monday 8/9/10

Members: Monday 8/9/10

ARC Families: 8/9/10 (swim level evaluation required PRIOR to registration)

Guests: Tuesday 8/10/10

Please contact Member Services at 508.746.7448 to enroll. Register by phone with credit card as early as 5:30am! Sign-ups held by PAYMENT ONLY!

Group Classes Begin Sunday, August 29, 2010

**Fees- All Levels Priced The Same: Members: \$93 Guests: \$113 for this 8-Week Program
Classes meet once a week for 30-minutes.**