



# Private Swim & Aquatic Fitness Lessons

Whether you are just starting out or are an experienced swimmer, our instructors will design an individualized program to help you achieve your goals! Lessons are available for adults and children.

**Swim Lesson** - stroke development, stroke technique, and/or training

**Aquatic Fitness** - personal conditioning and water aerobics

Individual Private	Member	Non-Member	Semi-Priv (2 people)	Members	Non-Members	Tri-Private* (3 people)	Members	Non-Members
1 X 30 Minutes	\$50	\$65	1 X 30 Minutes	\$80	\$95	1 X 30 Minutes	\$110	\$125
5 X 30 Minutes	\$200	\$250	5 X 30 Minutes	\$350	\$400	5 X 30 Minutes	\$400	\$450
5 X 45 Minutes	\$225	\$275	5 X 45 Minutes	\$375	\$425	5 X 45 Minutes	\$425	\$475

**\*\*\* Tri-Private: Must have similar swimming skills and ages are close \*\*\***

Please fill out this form and return to the front desk with payment. Payments **MUST** be made at time of registration. Lessons will be scheduled within a week's time once received by the Aquatics Department. If you have any questions or need more information, please contact Anneliese Kappel, Aquatics Director at [akappel@regionalyymca.org](mailto:akappel@regionalyymca.org).

Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Parents Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Payment: \_\_\_\_\_

Instructor Preference (if known): \_\_\_\_\_

Available days/times: \_\_\_\_\_

Additional information: \_\_\_\_\_

**PLEASE NOTE:** If you need to cancel a lesson, you must provide 24 hour notice directly to your swim instructor; otherwise you will be charged for lesson. No refunds.