

PRIVATE LESSONS

One-on-one lessons with a certified swim coach for children ages 3 & up. Book your lessons online via BOOK IT NOW under the SWIM LESSON PRIVATE tab. For questions contact Coach Meghan at swimlessons@raintreeathleticclub.com.

30 MINUTE LESSONS

Single Session	\$25/members, \$30/non-members
5 Sessions	\$115/members, \$140/non-members
10 Sessions	\$210/members, \$260/non-members

45 MINUTE LESSONS

Single Session	\$36/members, \$41/non-members
5 Sessions	165/members, \$190/non-members

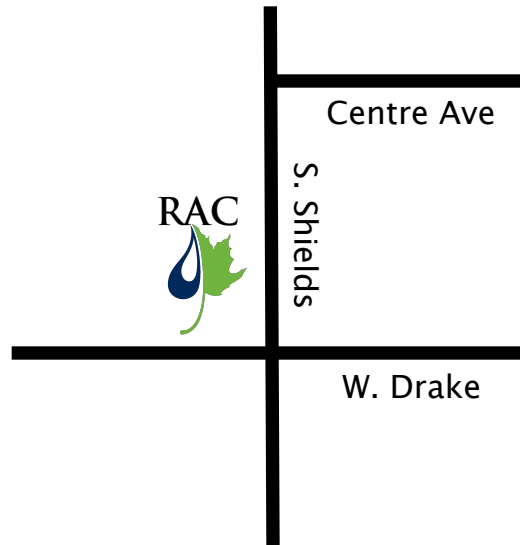


SEMI-PRIVATE LESSONS

(2-4 participants)

30 MINUTE LESSONS

Single Session	\$15/members/child, \$20/non-members/child
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RAINTREE ATHLETIC CLUB
2555 South Shields
Fort Collins, CO 80526
970.490.1300

CLUB HOURS
Monday - Friday 5:00am - 12:00am
Saturday - Sunday 6:00am - 10:00pm

CHILDCARE HOURS
Monday - Thursday 8:00am - 8:00pm
Friday 8:00am - 7:00pm
Saturday - Sunday 8:00am - 2:00pm



www.RaintreeAthleticClub.com





YOUTH SUMMER SWIM CAMP SERIES

Our Swim Camp Series will help advanced youth swimmers & summer swim team participants focus on specific strokes and/or turns in the water. Swim Coaches will break down and construct strokes with each week's focus.

Book your lessons online via BOOK IT NOW under the SWIM CLINIC tab. For questions contact Coach Meghan at swimlessons@raintreeathleticclub.com.

TUESDAYS in JUNE & JULY
no class July 4th

	AGE 9 & UNDER	AGE 10 & UP
	3:30 - 4:15pm	4:30 - 5:30pm

6/6	FREESTYLE	FREESTYLE / FLIP TURNS
6/13	BACKSTROKE	BACKSTROKE / FLIP TURNS
6/20	FLIP TURNS	BREASTSTROKE / OPEN TURNS
6/27	BUTTERFLY	BUTTERFLY / OPEN TURNS
7/11	BREASTSTROKE	IM TURNS & TRANSITIONS
7/18		SPRINT PREP / ALL TURNS

COST

Per Class	\$10/members, \$12/non-members
Entire Series	\$60/members, \$75/non-members

GROUP SWIM LESSONS

Group lessons are for children 3 years & up and are separated into levels after individual assessment. Our instructors guide children through a series of skills designed to keep them comfortable in the water & teach proper technique of each of the four competitive swimming strokes.

REGISTRATION OPEN NOW ONLINE VIA BOOK IT NOW

Session 1	June 5 - 18
Session 2	June 19 - 29
Session 3	July 10 - 23
Session 4	July 24 - August 3

LEVEL PLACEMENT

If your child can perform everything listed under one level, they should move up to the next level.

BEGINNER:

- Float without support (front/back)
- Exiting the pool without the ladder or stairs
- Float from vertical (front/back)
- Freestyle arm and leg action (5 feet/lane line)
- Float flip

INTERMEDIATE 1:

- Back float from side jump in
- Finning- side arms & flutter kick leg action
- Streamline (front/back)- flutter kick
- Freestyle- combining arms & legs 25M
- Backstroke- combining arms & legs 25M

INTERMEDIATE 2:

- Freestyle with side breathing 50M
- Strong smooth kick on back 25M
- Backstroke 50M with toes out
- Breaststroke kick introduction

ADVANCED 1 & 2:

- Improve freestyle & backstroke technique
- Learn breaststroke & butterfly
- Learn turns (flip & open)

GROUP SWIM LESSONS

GROUP LESSON OPTION 1

MONDAY THROUGH THURSDAY - 8 CLASSES TOTAL

10:05-10:30am	Beg 1 & 2, Int 1
10:15-11:00am	Int 2, Adv 1 & 2
10:35-11:00am	Beg 1 & 2, Int 1

COST

25 minute class	\$60/member, \$80/non-member
40 minute class	\$75/member, \$95/non-member

GROUP LESSON OPTION 2

MON. / WED. / THU. - 6 CLASSES TOTAL

5:05-5:30pm	Beg 1 & 2, Int 1
5:15-6:00pm	Int 2, Adv 1 & 2
5:35-6:00pm	Beg 1 & 2, Int 1

COST

25 minute class	\$50/member, \$70/non-member
40 minute class	\$65/member, \$85/non-member

