

## PRIVATE LESSONS

One-on-one lessons with a certified swim coach for children ages 3 & up.

For scheduling, please contact  
[swimlessons@raintreeathleticclub.com](mailto: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](http://www.RaintreeAthleticClub.com)



# GROUP SWIM LESSONS

Group lessons are for children 6 months & 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.

FALL - REGISTRATION OPENS AUGUST 21

Session 1	September 10 - October 6
Session 2	October 15 - November 10
Session 3	November 26 - December 22

## Make-Up Classes & Policy:

If you are going to miss a class and need a make up, speak to the swim lessons coordinator or directly to your instructor to let them know. We allow make-ups only if we have room for them with keeping our class sizes at the appropriate ratio.



## 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:

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

## LESSON DAYS & TIMES

### SATURDAYS

10:05-10:30am	Beginner, Intermediate 1
10:15-10:55am	Intermediate 2, Advanced
10:35-11:00am	Beginner, Intermediate 1

### MONDAYS and/or WEDNESDAYS

4:05-4:30pm	Beginner, Intermediate 1
4:15-4:55pm	Intermediate 2, Advanced
4:35-5:00pm	Beginner, Intermediate 1

## COST PER SESSION

### ONE DAY A WEEK (4 CLASSES TOTAL)

Beg/Int 1	\$40/member, \$55/non-member
Int 2/Adv	\$55/member, \$70/non-member

SIGN UP FOR 2 DAYS A WEEK AND RECEIVE  
A 10% DISCOUNT FOR THE SESSION.  
SIGN UP AT THE FRONT DESK.

## BOOK LESSONS ONLINE

1. Visit [www.RaintreeAthleticClub.com](http://www.RaintreeAthleticClub.com) & click on **BOOK IT NOW**
2. Login using your assigned **Login** & **Password**  
★ if you are new to Volo click the **SIGN UP** link
3. Click on the **Schedule** tab & select **Swim Lessons**
4. Select **ONLY** the days desired in the 1st week when signing up for the session. (I.e. Select the first Monday to be registered for all Mondays in session.)
5. The next business day, you will receive an email with payment instructions.