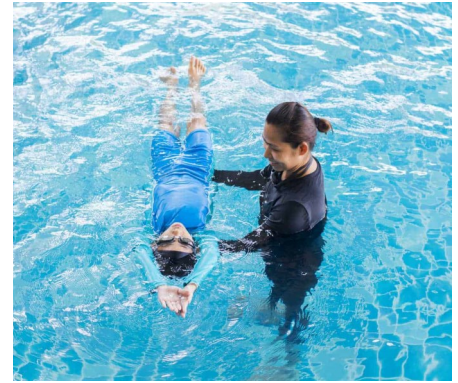


# Swim Lessons

We pride ourselves on helping kids and adults be safer in and around the water.

- Learn basic swimming skills
- Improve skills and swimming strokes
- Swim for fitness



## Private Swim Lessons:

We believe that learning water safety skills early on can help prevent accidents and can give children the tools they need in case an accident does occur. Our Swim Lessons are designed for any child beginner to advance from 2 years old and up. They will learn blowing bubbles, floating, jumping and kicking unassisted. They will also learn various swim strokes.

## Semi-Private Swim Lessons:

Semi-private lessons teach cooperation and teamwork. Semi-Private Lessons include two swimmers and are only recommended if the participants are similar in skill level. When children learn how to swim with another peer, they engage in social interaction. This allows for bonding between the children, making learning more fun.

If your child has never had swim lessons before or is uncomfortable in the water, we suggest starting with a Private Swim Lesson first. This will allow them to get comfortable in the water and learn water safety skills with one-on-one instruction.

## Adult Swim Lessons: (Private/Semi-Private)

Adult lessons are offered for swimmers of all levels—from fearful non-swimmers, to those wanting to learn the four competitive strokes, fine-tune their techniques, and learn to swim for fitness. Our trained swim lesson instructors work with each swimmer to reach their individual goals in a warm, thoughtful environment. Our private adult swim lessons give individual, focused attention so that we can help you accomplish whatever it is that your goals may be.

So, whether you want to overcome a fear or you want to learn the butterfly stroke, our instructors are committed to working with you.

# Swim Lesson Policies

- *Swim Lessons are 30 minutes*
- *Children under the age of 16 need to utilize the family locker room*

## Billing and Waiver

Participants must sign a registration form in agreement with NCH Swim Lesson policies and procedures at the front desk. Please provide a credit or debit card when you register for swim lesson payments. There is a \$25 fee for declined credit cards, returned checks, and late payments.

## Cancelation

Cancelations must be made at least 24 hours in advance. Please notify the Group Fitness Coordinator at 847-618-3665 or email [Gkhalaj@nch.org](mailto:Gkhalaj@nch.org) to reschedule the lesson. Please notify us with **at least 24 hours notice** if you or your swimmer will be absent from a swim lesson to receive a make up lesson. If this does not occur, you will be charged for the missed swim lesson.

## Tardy

If you are late to the swim lesson, the instructor will teach for the remainder of the assigned lesson time. Lessons will not be extended to accommodate late arrivals. Please notify the NCH Front Desk at 847-618-3501 if you are running late.

## Withdrawing from lessons

Lessons are ongoing. Private and Semi-Private swim lessons packages are non-refundable and non-transferable, unless medically necessary. In this case, we require two weeks notice to end lessons. To end lessons, please contact our Group Fitness Coordinator at 847-618-3665.

## Supervision

Children must have an adult onsite during their entire lesson. Please do not leave children unsupervised. A lifeguard is NOT on duty during swim lessons. Children who are not potty trained are required to wear a swim diaper and a swim suit.

## Pets

No pets are allowed on the premise, with the exception of service animals.

## Private Swim Lessons (Ratio 1:1)

Sessions	Per Session Cost	Package Cost	Packages
	Per Member / Non Member	Per Member / Non Member	Expires after:
1	\$40 / \$62	-	6 months
2	\$38 / \$55	\$76 / \$110	6 months
5	\$36 / \$49	\$180 / \$245	6 months
8	\$34 / \$46	\$272 / \$368	6 months

## Semi-Private Swim Lessons (Ratio 2:1)

Sessions	Per Session Cost	Package Cost	Packages
	Per Member / Non Member	Per Member / Non Member	Expires after:
1	\$35 / \$57	Price Per Person:	6 months
2	\$33 / \$50	\$66 / \$100	6 months
5	\$30 / \$43	\$150 / \$215	6 months
8	\$27 / \$41	\$216 / \$328	6 months

## Adult Swim Lessons (Private Ratio 1:1)

Sessions	Per Session Cost	Package Cost	Packages
	Per Member / Non Member	Per Member / Non Member	Expires after:
1	\$40 / \$62	-	6 months
2	\$38 / \$55	\$76 / \$110	6 months
5	\$36 / \$49	\$180 / \$245	6 months

To begin your sessions, please contact:

**Gilda Khalaj**

Group Fitness Coordinator

847-618-3665

[gkhalaj@nch.org](mailto:gkhalaj@nch.org)

