

# 2019 Swim Lessons



*play on*

## Group Options

Our Swim Academy is designed to start and grow with your little swimmer. From 6 months on we are striving to teach your child water safety and comfort and eventually introduce them to the world of competitive swimming.

We hold lessons Monday through Saturday. All of our courses are offered in 8 week sessions during the fall/winter/spring and in 4 week sessions during the summer.

### Parent and Child

**Ages:** 6 - 24 months

**Schedule:** 30 minute lessons held once a week

**Requirements:** One adult must be in the water with each child. Children must wear swim diapers.

**Fee:** **8 Week:** Members: \$77, Non-members: \$99

**4 Week:** Members: \$38.50, Non-members: \$49.50

### Level 1

**Ages:** 3 - 6 years

**Schedule:** 45 minute lessons held twice a week

**Maximum Enrollment:** 4

**Requirements:** None. This class is designed for children that are either completely new to the water or are anxious about swimming.

**Fee:** **8 Week:** Members: \$154, Non-members: \$197

**4 Week:** Members: \$77, Non-members: \$98.50

### Level 2

**Ages:** 3 - 7

**Schedule:** 45 minute lessons held twice a week

**Maximum Enrollment:** 5

**Requirements:** Swimmers must have a grasp of basic safety skills and elementary freestyle.

**Fee:** **8 Week:** Members: \$154, Non-members: \$197

**4 Week:** Members: \$77, Non-members: \$98.50

### Level 3

**Ages:** 3 - 7

**Schedule:** 45 minute lessons held twice a week

**Maximum Enrollment:** 6

**Requirements:** Swimmers must be able to swim freestyle, have an elementary understanding of backstroke and be able to swim 10 feet unassisted.

**Fee:** **8 Week:** Members: \$154, Non-members: \$197

**4 Week:** Members: \$77, Non-members: \$98.50

### Learn to Swim

**Ages:** 7 - 10

**Schedule:** 60 minute lessons held once a week

**Maximum Enrollment:** 6

**Requirements:** None. This class is designed for swimmers that cannot swim without a flotation device.

**Fee:** **8 Week:** Members: \$103, Non-members: \$132

**4 Week:** Members: \$51.50, Non-members: \$66

### Swim Team Prep

**Ages:** 5 - 10

**Schedule:** 30 minute lessons held twice a week

**Maximum Enrollment:** 8

**Requirements:** Swimmers must be able to swim a full length of the pool freestyle and have a basic knowledge of backstroke and breaststroke. Goggles are required.

**Fee:** **8 Week:** Members: \$103, Non-members: \$132

**4 Week:** Members: \$51.50, Non-members: \$66

## Private Lessons

**Ages:** 2 - Adult

**Schedule:** 30 minute lessons held once a week

**Maximum Enrollment:** 1

**Fee:** **8 Week:** Members: \$220, Non-members: \$281

**4 Week:** Members: \$110, Non-members: \$140.50

## Semi-private Lessons

**Ages:** 2 - Adult

**Schedule:** 30 minute lessons held once a week

**Maximum Enrollment:** 3

**Fee:** **8 Week:** Members: \$158 per swimmer,

Non-members: \$203 per swimmer

**4 Week:** Members: \$79 per swimmer,

Non-members: \$101.50 per swimmer

## Crunch Time

If there's no time for swimming during the school year, then "Crunch Time" is for you. During the summer, we'll cram a month's worth of lessons into one week, attempting to turn your land rover into a water creature - in a hurry!

### Crunch Time Groups

Crunch Time groups are for Level 1, 2, and 3 swimmers.

**Ages:** 3 - 7

**Schedule:** 60 minute lessons held Monday - Thursday for 1 week

**Maximum Enrollment:** 5

**Weekly Fees:** Members: \$154, Non-members: \$197

### Crunch Time Privates

**Ages:** 2 - Adult

**Schedule:** 30 minute lessons held Monday - Thursday for 1 week

**Weekly Fees:** Members: \$110, Non-members: \$140.50

## Registration

Please call or email the Aquatics Office to register your child.

LRAC: 501-225-3601 (ext. 311) | [swimacademy@lrac.com](mailto:swimacademy@lrac.com)

LRRC: 501-225-5711 | [swimacademy@lrrcfc.com](mailto:swimacademy@lrrcfc.com)



Little Rock Athletic Club

501-225-3600 | [www.lrac.com](http://www.lrac.com)

4610 Sam Peck Rd., Little Rock, AR 72223

Little Rock Racquet Club

501-225-5711 | [www.lrrcfc.com](http://www.lrrcfc.com)

1 Huntington Rd., Little Rock, AR 72227

## Swim Academy Policies

### Weather Related Cancellations:

Weather related cancellations made by the Swim Academy will be refunded.

If the Little Rock School District is closed, swim lessons will not be held. All lessons will be refunded.

### Missed Lessons:

If a swimmer misses a lesson due to illness, they can provide a doctors note to the Swim Academy and receive a refund. Refunds will not be made for any other reason.

### Re-enrollment:

No child will be re-enrolled in an upcoming session automatically. Parents/guardians must notify the Swim Academy via email if they want their child to continue lessons session to session.

### Class Organization:

The Swim Academy reserves the right to cancel, combine and/or change instructors or classes as needed.

