

Adult / Private Swim Lessons

Adult Lessons



Beginner: Water adjustment skills, front/back floats, glides, rhythmic breathing, emphasis on crawl stroke and beginning backstroke.

Intermediate/Advanced: Refine freestyle, backstroke, breaststroke, butter fly, turns and lap swim/race tips.

Class Fees:

Members: \$23.00

Non Members: \$28.00

3 / 40 minute lessons

Session	Dates	Registration	Days	Times
Fall 1	Sept 7 - 28	Aug 26	Saturdays	Beginner: 9:15-9:55 am Inter./Adv.: 10:00-10:40 am
Fall 2	Oct 5 - 19	Sept 23	Saturdays	Beginner: 9:15-9:55 am Inter./Adv.: 10:00-10:40 am

No Class Saturday September 21st Private Lessons



The Fitness Center does not schedule private lessons. If you are interested in private lessons, you must make arrangements with the individual instructor or contact (801) 955-4015

Private Lesson : (one person)

\$15/30 minutes

Semi-private Lesson: (up to 3 people)

\$20/30 minutes



Family Fitness Center
5415 West 3100 South | 801-955-4000
www.wvcfitness.com



Parent / Tot

Parent/Infant Classes

<p>Class Fees:</p> <p>Members: \$15.00 Non-Members: \$20.00</p> <p>3 x30 minute classes</p>
--



<i>Session</i>	<i>Dates</i>	<i>Day</i>	<i>Time</i>
Fall 1	Sep 10 - Sep 24	Tues	11:40 am To 12:10 pm
Fall 1	Sep 7 - Sep 28	Sat.	10:45 am to 11:15 am
Fall 2	Oct 1 - Oct 15	Tues	11:40 am To 12:10 pm
Fall 2	Oct 5 - Oct 19	Sat.	10:45 am to 11:15 am

No Class Saturday September 21st

Ages 6 months - 3 years with one or both parents in the water.

Class objective:

Introduction to swimming skills and fun through direct parental interaction.

For any Questions
Regarding Swimming Lessons
or other Aquatic Classes

Please Contact:

Clint Burnham (801)955-4015
Clint.Burnham@wvc-ut.gov



Family Fitness Center

5415 West 3100 South | 801-955-4000

www.wvcfitness.com

