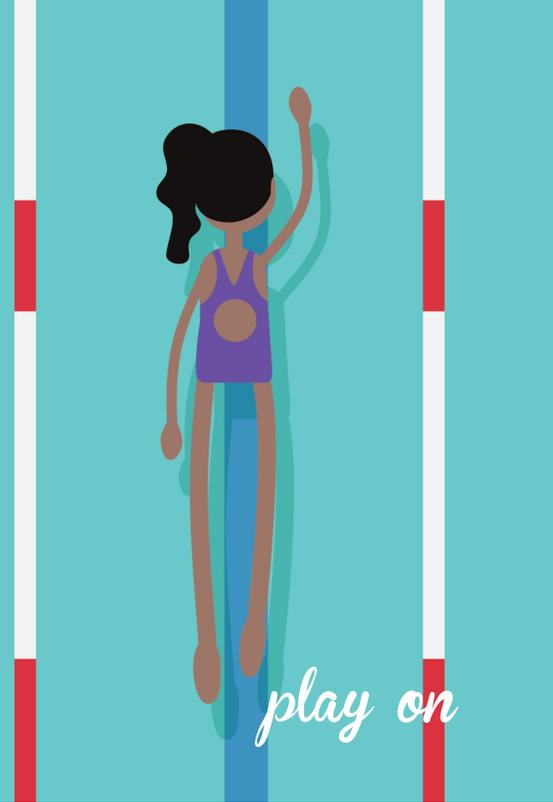


2021

Swim Lessons



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

PRIVATE LESSONS

Ages: 2 - Adult

Schedule: 30 minute lessons held once a week

Maximum Enrollment: 1

Fee: **8 Week:** Members: \$230, Non-members: \$296
4 Week: Members: \$115, Non-members: \$148

SEMI-PRIVATE LESSONS

Ages: 2 - Adult

Schedule: 30 minute lessons held once a week

Maximum Enrollment: 3

Fee: **8 Week:** Members: \$164 per swimmer,
Non-members: \$214 per swimmer
4 Week: Members: \$82 per swimmer,
Non-members: \$107 per swimmer

GROUP OPTIONS

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

8 Week: Members: \$160, Non-members: \$208 | **4 Week:** Members: \$80, Non-members: \$104

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.

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.

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.

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.

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.

PARENT & CHILD PROGRAM

Designed as a “Mommy or Daddy and Me” course, you and your child will bond and learn together in the pool. Through games and songs, we help you create a comfortable and safe environment for your child and teach basic skills for making swimming fun.

Ages: 6 - 24 months

Schedule: 30 minute lessons held once a week

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

8 Week School Year Sessions: Members: \$80, Non-members: \$104

4 Week Summer Sessions: Members: \$40, Non-members: \$52

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: \$80, Non-members: \$104

Crunch Time Privates

Ages: 2 - Adult

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

Weekly Fees: Members: \$115, Non-members: \$148

REGISTRATION

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

LRAC: 501-225-3601 (ext. 310) | swimacademy@lrac.com

LRRC: 501-225-5711 | swimacademy@lrrcfc.com



Little Rock Athletic Club
501-225-3600 | www.lrac.com
4610 Sam Peck Rd., Little Rock, AR 72223

Little Rock Racquet Club
501-225-5711 | 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 rescheduled.

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

Missed Lessons:

If a swimmer misses a lesson due to illness, they can provide a doctor's note to the Swim Academy and we will reschedule the lesson.

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.

