



About our Swim Academy:

We offer year-round instruction for swimmers of all abilities and ages. Lessons are conveniently located at the Fitness Connection swimming pools at North Hills, Celebration Station, and RTP. During the summer months you can find us teaching lessons at outdoor pools Pool Professionals manage.

Swim Lesson Offerings:

Private Lessons

A one-on-one lesson, with one of our trusted instructors. Private lessons are customizable for each swimmer. These lessons are great for children who are not yet ready to participate in a group or kids and adults who need specific work on beginner through advanced skills.

Lesson Length: 30 minutes

Lesson Fee: \$35

Semi-Private Lessons

Much like our Private lessons, we develop a custom lesson plan, but allow for up to two participants to take advantage of learning along side another swimmer. These lessons are ideal for siblings.

Lesson Length: 30 minutes

Lesson Fee: \$40

Group Lessons

We take all the hassle out of organizing a group lesson, by arranging for like-skilled swimmers in each group and giving you the biggest bang for your buck! Group lessons are great for spurring on a timid swimmer and great for those visual learners, as each swimmer watches their peers attempt each skill, waiting for their turn. These lessons include group activities as well as individualized instruction.

Lesson Length: 30 minutes

Lesson Fee: \$12.50

Personal Attention

Keeping our instructor to swimmer ratios low in group lessons is our goal, for optimal learning.

- Beginner Group lessons boast a 1:4 ratio
- Intermediate & Advanced lessons a 1:5 ratio
- Parent/Child & Adult lessons a 1:5 ratio