

THE OAHU CLUB

PERSONAL SWIM TRAINING

PT SWIM | 6 YEARS AND OLDER

The Personal Swim Training Program aims to increase a swimmer's efficiency, power and performance.

- Identify stroke mechanic strengths and challenges and apply techniques to improve performance.
- Examine the principles of efficient stroke mechanics.
- Develop a personalized continuous improvement plan based on each swimmer's goals, ability, potential and skill development.

WANT TO SCHEDULE?

Scan for PT Swim info



1 PRIVATE LESSONS

LESSON OPTION	MEMBER	PROGRAM MEMBER
1 - 30 min. Private PT Swim with Kevin	\$50.00	\$55.00
1 - 60 min. Private PT Swim with Kevin	\$100.00	\$110.00
1 - 1 hr. Private PT Swim with Kanoa or Luke	\$85.00	\$95.00
4 - 1 hr. Private PT Swim with Kanoa or Luke	\$320.00	\$360.00
8 - 1 hr. Private PT Swim with Kanoa or Luke	\$600.00	\$680.00
1 - 1 hr. Private PT Swim with Joe	\$75.00	\$85.00
4 - 1 hr. Private PT Swim with Joe	\$280.00	\$320.00
8 - 1 hr. Private PT Swim with Joe	\$520.00	\$600.00
1 - 1 hr. Private PT Swim with All Other Coaches	\$65.00	\$75.00
4 - 1 hr. Private PT Swim with All Other Coaches	\$240.00	\$280.00
8 - 1 hr. Private PT Swim with All Other Coaches	\$440.00	\$520.00

2 SEMI-PRIVATE LESSONS

LESSON OPTION	MEMBER	PROGRAM MEMBER
1 - 1 hr. Semi-Private PT Swim with Joe	\$100.00	\$110.00
4 - 1 hr. Semi-Private PT Swim with Joe	\$380.00	\$420.00
8 - 1 hr. Semi-Private PT Swim with Joe	\$720.00	\$800.00
1 - 1 hr. Semi-Private PT Swim with All Other Coaches	\$90.00	\$100.00
4 - 1 hr. Semi-Private PT Swim with All Other Coaches	\$340.00	\$380.00
8 - 1 hr. Semi-Private PT Swim with All Other Coaches	\$640.00	\$720.00

3 KSC SWIM TEAM ONLY Coach Paige | Coach Jacq | Coach Lara | Coach Nohea | Coach Nicole

LESSON OPTION	MEMBER	PROGRAM MEMBER
1 - 1 hr. Private PT Swim with Coach Paige, Coach Jacq, Coach Lara, Coach Nohea or Coach Nicole	\$85.00	\$95.00
4 - 1 hr. Private PT Swim with Coach Paige, Coach Jacq, Coach Lara, Coach Nohea or Coach Nicole	\$320.00	\$360.00
8 - 1 hr. Private PT Swim with Coach Paige, Coach Jacq, Coach Lara, Coach Nohea or Coach Nicole	\$600.00	\$680.00

PROGRAM MEMBERSHIP FEE

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\$50.00

ALL LESSONS EXPIRE 1 YEAR FROM THE DATE OF PURCHASE

WANT TO SCHEDULE A LESSON?

Stop by the Pro Shop with your contact information and availability. One of our coaches will contact you to schedule your lessons.

PURCHASE INFORMATION

OAHU CLUB MEMBERS: Purchase your lesson(s) with the Pro Shop after your first lesson has been scheduled.

PROGRAM MEMBERS: Set up your Program Membership and make your initial purchase at theoahuclub.com/personal-swim-training

(808) 395-3300

www.theoahuclub.com

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