THE OAHU CLUB
PERSONAL SWIM TRAINING

PT SWIM

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

- Identify stroke mechanics 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.

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	$95.00	$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

KSC SWIM TEAM ONLY

Coach Page | Coach Jaq | Coach Lara | Coach Nohea | Coach Nicole

LESSON OPTION	MEMBER
1 - 1 hr. Private PT Swim with Coach Page, Coach Jaq, Coach Lara, Coach Nohea or Coach Nicole	$85.00
4 - 1 hr. Private PT Swim with Coach Page, Coach Jaq, Coach Lara, Coach Nohea or Coach Nicole	$320.00
8 - 1 hr. Private PT Swim with Coach Page, Coach Jaq, Coach Lara, Coach Nohea or Coach Nicole	$600.00

ALL LESSONS EXPIRE 1 YEAR FROM THE DATE OF PURCHASE

WANT TO SCHEDULE A LESSON?

Contact by email: **swimksc@gmail.com**

KSC swimmers: Contact your coach directly.

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