

Aquatics Program

Child & Adult Swim Lessons 18 months and older

SWIM LESSONS: 10 Week Sessions: Monday thru Thursday (2p-7p), Saturday, Sunday (9a-5p)

	<u>Member</u>	<u>Program member</u>
<u>Private Lessons (15 minutes) Ages 18 months and older</u>		
10 Lesson Card (Once a week)	\$ 170.00	\$ 180.00
<u>Private Lessons (30 minutes) Ages 8 to Adults</u>		
10 Lesson Card (Once a week)	\$ 340.00	\$ 360.00
<u>*Group Lessons (30 minutes) Ages 6 and older</u>		
10 Lesson Card (Once a week)	\$ 170.00	\$ 187.50
Program Membership Fee	-----	\$ 50.00

Want to sign up? Go to <https://www.theoahuclub.com/swimming-lessons> and click on 'Create New Account'. After you add your child(ren) as a student you can add a class. You will be prorated if you are joining our current session. O'ahu Club Members must click on 'Email Lesson Coordinator' and notify of your membership status to receive Club Member rates.

Group lessons are only offered to 6 years and older with swim experience at The O'ahu Club

Swim Team 6 – 18 years old

Team Membership Monthly (4 month minimum)

	<u>Member</u>	<u>Program Member</u>
<u>Monthly (4 month Minimum)</u>		
Jr Bronze/Bronze1	\$ 50.00	\$ 70.00
Bronze 2	\$ 55.00	\$ 75.00
Jr Silver	\$ 70.00	\$ 90.00
Silver	\$ 75.00	\$ 95.00
Jr Gold	\$ 75.00	\$ 100.00
Gold	\$ 85.00	\$ 105.00
Sr Gold	\$ 90.00	\$ 110.00
Water Polo	\$ 35.00	\$ 35.00
Annual USA Swim Registration	\$ 75.00	\$ 75.00
Annual Equipment Fee	\$ 25.00	\$ 25.00
Program Membership Fee	-----	\$ 50.00

If your child can do the Freestyle with side-breathing and the Breaststroke in the 25 yard pool, sign them up for our Swim Team. Go to <https://www.theoahuclub.com/swim-team> and request a try-out.

Adult Masters Swim Program 18 years and older

Monday – Friday 12:00-1:00pm, Tuesday & Thursday 6:30pm-7:30pm

No Masters Workouts on Saturdays, Sundays, and Holidays

*Limited to 15 swimmers per workout, sign up via **On'Line Scheduler** or '**My Member Account**' app *

	<u>Member</u>	<u>Program Member</u>
Monthly (4 month Minimum)	\$ 35.00	\$ 60.00
8 Workout Card	\$ 35.00	\$ 60.00
16 Workout Card	\$ 55.00	\$ 115.00
Program Membership Fee	-----	\$ 50.00

No Refunds; 12-month Expiration Date

Want to sign up? Go to <https://www.theoahuclub.com/masters-swim>.

Program Members: Set up your Program Membership account purchase your desired workout option.

O'ahu Club Members: Sign up for the Monthly option On-Line, Workout Cards must be purchased at the Pro Shop.

Personal Swim Training 6 years and older

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

The objectives of the program include:

- Identify specific 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 swimmers' goals including their ability, potential and skill development.

	<u>Member</u>	<u>Program Member</u>
<u>INDIVIDUAL LESSONS</u>		
1 - 1 hr. Private Swim Lesson	\$ 65.00	\$ 75.00
4 - 1 hr. Private Swim Lessons	\$ 240.00	\$ 280.00
8 - 1 hr. Private Swim Lessons	\$ 440.00	\$ 520.00
<u>SEMI-PRIVATE LESSONS</u>		
1 - 1 hr. Semi-Private Lesson	\$ 90.00	\$ 100.00
4 - 1 hr. Semi-Private Lessons	\$ 340.00	\$ 380.00
8 - 1 hr. Semi-Private Lessons	\$ 640.00	\$ 720.00
Program Membership Fee	-----	\$ 50.00

ALL LESSONS EXPIRE 1 YEAR FROM THE DATE OF PURCHASE

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

Oahu Club Members: Purchase your lesson(s) with the Pro Shop after your 1st lesson has been scheduled.

Program Members: Set up your Program Membership and make your initial purchase here:

<https://www.theoahuclub.com/personal-swim-training>

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