



Private Swim Lessons

Learn to swim with the Mariner Varsity Swim Teams

For more information
and to
REGISTER TODAY

go to

www.marinersswim.weebly.com



The Boys & Girls Varsity Swim Teams are once again joining forces to promote swimming as a healthy activity & competitive sport by providing affordable private & semi-private swimming and diving lessons to youth.

Benefits of private (one-on-one) & semi-private (small group) lessons:

- Lessons tailored to each swimmers' abilities, needs, and progress.
- No wait time, more activity.
- Same instructor each lesson allows for bonding and trust between coach and student.
- Perfect way for a nervous child or adult to begin conquering fear & learning to safely enjoy the water.
- You decide how many lessons per week/per month, the days and the times with your instructor.
- Introduction to Springboard diving teaches the safe & proper way to dive & use a diving board.

Learn-to-swim

Focus on learning front crawl, back stroke, floating, basic diving, and building confidence in the water.

Ages 4 & up 30min* private lesson

4 dates \$45 6 dates \$60

Ages 10 & up 30 min* semi-private (2-3 per coach)

4 dates \$25 ea. Student 6 dates \$40 ea. student

*** additional dates can be added for \$15 per date.

Competitive Swimming

Focus will be on learning and improving the four competitive strokes, starts, and turns.

Ages 8 & up w/ swimming experience

1 hr* semi-private (2-3 per coach)

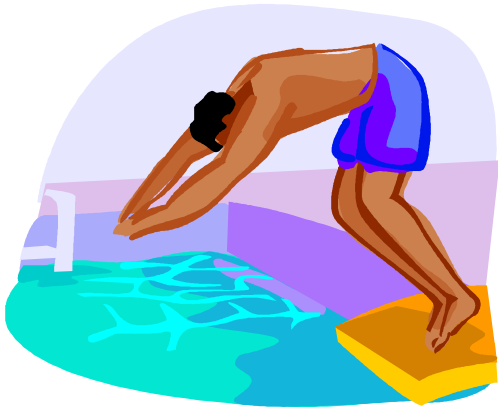
2 dates \$25

4 dates \$30

6 dates \$50

See website for open dates

* time includes an additional 15min optional free time after lessons



Competitive Diving Lessons

Learn to dive with the Mariner Varsity Divers & Coaches

For more information
and to
REGISTER TODAY
go to

www.marinersswim.weebly.com



The Boys & Girls Varsity Swim Teams have are once again joining forces to promote Diving as a healthy activity and competitive sport by providing affordable semi-private springboard diving lessons to local kids.

What you will learn during competitive diving lessons:

- Opportunity to use a competitive diving board with instruction
- Introduction to Springboard diving promotes diving safety and respect of the diving board.
- Great opportunity for gymnasts and dancers who want to expand on their skills.
- Learn the proper forward and backward approaches and takeoffs
- Proper feet first and head first entries
- Learn basic forward and back dives and somersaults
- Learn how to perform twisting dives.
- More skills can be taught based upon each divers' progress and ability.

Springboard Diving

Ages 13 & under	45min semi-private (2-3 per coach)	4 dates	\$45	6 dates	\$60
Ages 13 & up	1 hour semi-private (2-3 per coach)	4 dates	\$40	6 dates	\$50

See website for open dates