

Private lessons are great for adults too!

- Have a triathlon in mind that you're training for?
- Tired of getting water up your nose when swimming?
- Do you want to be safe or more comfortable in the water?
- Do you want to have better technique to improve your swimming workout?
- We can help you reach your goals no matter what they are!

Contact Brittany Hagen on how to make that happen.



Red Wing Family YMCA
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redwingymca.org



PLAY SWIM GROW

**PRIVATE SWIM LESSONS
RED WING FAMILY YMCA**



WHY PRIVATE LESSONS?

Learning how to swim is not only a lifelong way to exercise but is also a way to be safe around the water. Private lessons give participants individualized attention to help them improve or master their swimming skills at every age and ability. The instructor, participants and parents work together to determine lesson goals.

PRICES

30 Minute Lessons

	Member	Non-Member
3 Lessons	\$48	\$60
5 Lessons	\$75	\$105
7 Lessons	\$102	\$144

45 Minute Lessons

	Member	Non-Member
3 Lessons	\$72	\$90
5 Lessons	\$115	\$140
7 Lessons	\$158	\$200

Goals can be accomplished much sooner with the one on one attention private lessons offer and with the help of our experienced instructors.

Private lessons help individuals overcome personal obstacles such as fear of deeper water or swimming with their face in the water.

FREQUENTLY ASKED QUESTIONS

How do I register for private lessons?

Complete the attached private lesson interest form and return it to the member service desk or contact Brittany Hagen.

What time are the lessons?

Lessons will be scheduled at times that are convenient for both you and the instructor.

When do I pay for the lessons?

You can pay for your lessons when your first lesson is scheduled. No later than the first day of the private lesson.

How many lessons should I purchase?

It depends on the goals of the lesson. Most people purchase a minimum of 3 lessons to start and then decide whether they want to purchase more after that.

What if I want multiple children taught at the same time?

Many parents choose to have 2 or 3 children taught at the same time. There is no extra fee for having additional children being taught at the same time.

PRIVATE LESSON INSTRUCTORS

Brittany Hagen has 9 years of experience as a competitive swimmer specializing in long distance freestyle and individual medley events. She has coached beginner to high school swimming level and also has experience teaching adult beginner swimmers.

You can contact Brittany by phone 651-800-9492 or email bhagen@redwingymca.org

Your favorite swim lesson instructor can teach private lessons too! Talk to them about how private lessons can enhance your child's progress!

CANCELLATION POLICY

Please contact your instructor at least 24 hours in advance if you need to cancel a lesson. People that don't show up for their scheduled lesson will still be charged for the lesson.

