

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 Nickie Swenson on how to make that happen.



Red Wing Family YMCA
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Red Wing, MN 55066
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redwingymca.org



PLAY SWIM GROW

**PRIVATE & SEMI 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 Private Lessons

	Member	Non-Member
1 Lesson	\$20	\$25
5 Lessons	\$90	\$125
7 Lessons	\$119	\$161

30 Minute Semi-Private Lessons

Price is split between all participants

	Member	Non-Member
5 Lessons	\$100	\$135
7 Lessons	\$129	\$171

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, contact Nickie Swenson, nswenson@redwingymca.org or check online to see if any pre-scheduled times work for your family

What time are the lessons?

Lessons will be scheduled at times that are convenient for both you and the instructor. We do have some pre-scheduled times online that you can register for if any of those work for your family.

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 5 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. For that we have added semi-private swim lessons which can have up to 3 swimmers. The cost of the lessons are split between the families.

PRIVATE LESSON INSTRUCTORS

Nickie Swenson has over 6 years of experience as an Aquatics professional. She is great at challenging swimmers to push outside their comfort zone and reach their goals.

You can contact Nickie by phone 651-800-9492 or email nswenson@redwingymca.org

Amy Johnson has over 10 years experience teaching swimming lessons to all ages and abilities as well as experience as a Swim Coach. She can teach a young swimmer how to be more comfortable in the water or challenge an adult to learn new skills.

Brittany Hagen has 9 years of experience as a competitive swimmer. She has also coached beginner to high school swimming levels and teaching adult beginner swimmers.

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.