

LEARN

NEVER TOO LATE TO

LEARN



TFC Aquatics center is the perfect place to learn how to swim. We have specific programs for all levels. Read more about swim lessons inside.

or, contact a TFC Membership Specialist for a free consultation.



IT'S TIME FOR SWIMMING

TFC SWIM LESSON RATES

MEMBER PRICING

Group Lessons (Max 3 people / group)

- Package of 4 lessons \$80 (\$20 / lesson)
- Package of 6 lessons \$105 (\$17.50 / lesson)

Private Lessons (1-on-1 Instruction)

- Package of 4 lessons \$120 (\$30 / lesson)
- Package of 6 lessons \$165 (\$27.50 / lesson)

NON-MEMBER PRICING

Group Lessons (Max 3 people / group)

- Package of 4 lessons \$100 (\$25 / lesson)
- Package of 6 lessons \$135 (\$22.50 / lesson)

Private Lessons (1-on-1 Instruction)

- Package of 4 lessons \$140 (\$35 / lesson)
- Package of 6 lessons \$195 (\$32.50 / lesson)

www.totalfitnessconnection.com

📞 270-781-1151

📍 2235 Russellville Road
Bowling Green, KY



SWIM LESSONS





TEEN ADULT SWIM LESSONS

Beginner: Ages 13+

Designed to help non-swimmers feel comfortable in the water activities. Each session meets once per week for 6 weeks.

Intermediate: Ages 13+

Designed for swimmers who feel comfortable in the shallow and deep ends of the pool, but now need to develop their swimming stroke. This class is not intended for those needing technical refinement. Each session meets once per week for 6 weeks.

PRIVATE SWIM LESSONS

Private swim lessons allow for accelerated learning

Swim lessons offer individualized attention for each student. It is recommended that students take at least six thirty-minute lessons customized by skill level and goals.

SEMI-PRIVATE SWIM LESSONS

Semi-Private swim lessons are great for siblings, family members and friends.

These lessons allow two or more participants of similar skill level and age to learn together.

Participants will receive six thirty-minute lessons with flexible scheduling that can be customized to your goals and needs.

Stage 1 | Water Acclimation

This program increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Blow Bubbles: mouth & nose submerged (assisted)

Front Tow: blow bubbles (assisted)

Water Exit: (assisted)

Back Float: (assisted) head on chest

Roll: (assisted)

Front Float: blow bubbles (assisted)

Back Tow: (assisted) head on chest

Monkey Crawl: 10 ft. (assisted)

Stage 2 | Water Movement

This swim program encourages forward movement in water and basic self-rescue skills performed independently.

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Submerge: look at object on bottom

Front Glide: 10 ft. (5 ft. preschool)

Jump, Push, Turn, Grab

Back Float: 20 Secs. (10 secs. preschool)

Roll

Front Float: 20 Secs. (10 secs. preschool)

Back Glide: 10 ft. (5 ft. preschool)

Tread Water: 10 Secs. , near wall, & exit

Swim, Float, Swim: 5 yd.

Stage 3 | Water Stamina

This swim program develops intermediate self-rescue skills performed at longer distances than in previous stages.

In stage 3, students learn how to safely swim from longer distances than in previous stages in the event of falling into a body of water. The stage also introduces rhythmic breathing and integrated arm and leg action.

Submerge Retrieve: object in chest – deep dive

Swim on Front: 15 yd. (10 yd. preschool)

Water Exit: independently

Jump, Swim, Turn, Swim, Grab: 10 yd.

Swim on Back: 15 yd. (10 yd. preschool)

Roll

Tread Water: 1 min. & exit (30 secs. Preschool)

Swim, Float, Swim: 25 yd. (15 yd. preschool)

Stage 4 | Stroke Introduction

This swim program introduces basic stroke technique in front crawl and back crawl

Water safety is reinforced through treading water and elementary backstroke. Students in stage 4 develop stroke technique in front crawl and back crawl and learn breaststroke kick and butterfly kick.

Endurance: any stroke or combination of strokes, 25 yd.

Front Crawl: rotary breathing, 15yd.

Back Crawl: 15 yd.

Dive: sitting

Resting Stroke: elementary backstroke, 15yd.

Tread Water: scissor & whip kick, 1 min

Breaststroke: kick, 15 yd.

Butterfly: kick, 15 yd.

