

Ochsner Fitness Center Swim School

SWIMMING LESSONS



Weekday Children's Beginner/ Advanced Lessons

Monday/Wednesday Schedule: classes offered at 4:15pm, 5:15pm, and 6:15pm

*September - 10, 12, 17, 19, 24, 26th

October - 1, 3, 8, 10, 15, 17, 22, 24

*November - October 29, 31, 5, 7, 12, 14

December - Nov. 26, Nov. 28, 3, 5, 10, 12, 17, 19

Tuesday/Thursday Schedule: classes offered at 4:15pm, 5:15pm, and 6:15pm

*September - 11, 13, 18, 20, 25, 27

October - 2, 4, 9, 11, 16, 18, 23, 25

*November - Oct. 30, 1, 6, 8, 13, 15

December - Nov. 27, Nov. 29, 4, 6, 11, 13, 18, 20

\$140/mo. for members | \$170/mo. for non-members

• Pro-Rated month is for (6) 45-minute lessons

\$105/mo. for members | \$127.50/mo. for non-members

Saturday Children's Beginner/ Advanced/Competitive Lessons

Classes offered at 10am, 11am, and 12pm

September - 8, 15, 22, 29

October - 6, 13, 20, 27

*November - 3, 10, 17

*December - 1, 8, 15

\$70/mo. for members | \$85/mo. for non-members

• Pro-Rated month is for (3) 45-minute lessons

\$52.50/mo. for members | \$63.75/mo. for non-members

Saturday Toddler Swim Lessons

Classes offered at 9am

September - 8, 15, 22, 29

October - 6, 13, 20, 27

*November - 3, 10, 17

*December - 1, 8, 15

\$60/mo. for members | \$70/mo. for non-members

• Pro-Rated month is for (3) 30-minute lessons

\$45/mo. for members | \$52.50/mo. for non-members

Water Babies

Saturday Lessons: classes offered at 9am

September - 8, 15, 22, 29

October - 6, 13, 20, 27

*November - 3, 10, 17

*December - 1, 8, 15

Sunday Lessons: classes offered at 4pm

September - 9, 16, 23, 30

October - 7, 14, 21, 28

*November - 4, 11, 18

*December - 2, 9, 16

\$45/mo. for members | \$55/mo. for non-members

• Pro-Rated month is for (3) 30-minute lessons

\$33.75/mo. for members | \$41.25/mo. for non-members

**Indicates pro-rated month*



Classes for ALL ages and abilities! For more information, contact 504.736.4762.



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