



Swimming Programs

Swimming Lessons

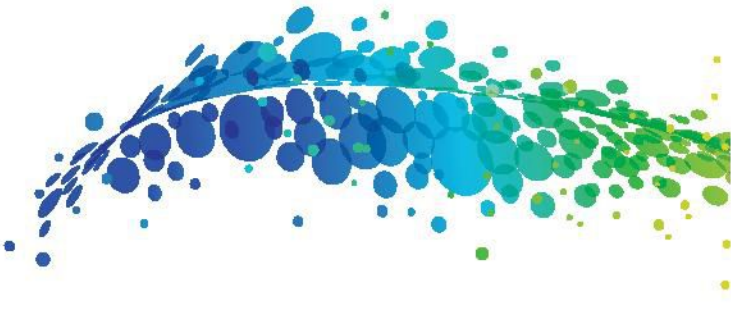
From water safety for toddlers to competitive swimmers who want to improve their stroke techniques, we offer private and group lessons by Red Cross Water Safety Program certified instructors and coaches for kids of all ages and skill levels. We also offer adult lessons, and a parent/child Water Babies class for kids 3 and under to get them used to the water and get a head start on lessons.

Most lessons are offered Monday through Thursday in 2-week sessions, with a total of 8 lessons per session. Saturday sessions are also available, with 4 lessons per session over the course of 1 month. See next page for class schedule and pricing.

Swim Team

Come join our year-round Sharks swim team for the summer. We offer summer-only registration.

To learn more information or register, call **504.736.4762** or visit KidSportsNOLA.com.



Swim Lesson Schedule and Pricing

Weekday Sessions

- Session 1 • June 3 – June 13
- Session 2 • June 17 – June 27
- Session 3 • July 8 – July 18
- Session 4 • July 22 – August 1
- Session 5 • August 5 – August 8*

Weekend, Adult and Water Babies

- June
- July (prorated month)
- August

Visit KidSportsNOLA.com to register.

Class Type	Description	Day & Time Options	Member Fee	Non-Member Fee
Private Lessons	<ul style="list-style-type: none">Personalized instruction at you or your child's own pace at a time that's convenient for you4 lessons per session30-minute lessons available	As available	\$130	\$150
Water Babies	<ul style="list-style-type: none">Child/parent classes for kids 6 months to 3 years old30-minute lessons	Sat 9:00am Sun 4:00pm	\$45	\$55
Toddler	<ul style="list-style-type: none">Basic water safety and swim techniques2 – 3 children per class30-minute lessons	Mon – Thu 9:00am Mon – Thu 11:30am Sat 9:00am	\$120 \$60	\$140 \$70
Beginner/Advanced	<ul style="list-style-type: none">For children ages 3 – 14 just starting out or looking to improve their skills4 – 5 children per class45-minute lessons	Mon – Thu 9:30am Mon – Thu 10:30am Mon – Thu 3:00pm Mon – Thu 4:00pm Mon – Thu 5:00pm Mon – Thu 6:00pm Sat 10:00am Sat 11:00am Sat 12:00pm	\$140 \$70	\$170 \$85
Competitive	<ul style="list-style-type: none">Children interested in competitive swimming learn to master all four strokes, starts, turns and finishes6 – 8 children per class45-minute lessons	Mon – Thu 10:30am Mon – Thu 4:00pm Sat 10:00am	\$140 \$70	\$170 \$85
Adult	<ul style="list-style-type: none">For individuals 14 and over who want to learn better stroke techniques and become a more efficient swimmer45-minute lessons	Mon/Wed 7:00pm	\$140	\$170

*Weekday Session 5 is 4 lessons only, and will be billed at the weekend rate. All other weekday sessions include 8 lessons.