

Group Swim Lessons at Ochsner Fitness Center

2022 Winter Session

Ochsner Fitness Center is swimming into 2022 with the Winter Session beginning February 5!

The session will follow a 6-week course program for toddlers to advanced swimmers.

Registration opens Friday December 17, 2021.

Swim Toddler Class

- Saturdays 9:00-9:30 AM
- Program Details: This course is designed for children ages two to three years old only. This class is a beginner learn to swim program. Swimmers will learn basic water safety skills in a small group setting. The child must be able to enter and sit in the water independently throughout the lesson. Groups will be no more than three students per instructor and children are grouped according to their age and ability level as much as possible. Parents do not enter the pool.
- Class Dates (6): February 5, 12, 19; March 5, 12, 19
- Pricing: Member - \$135, Non-Member - \$150

Children's Saturday Beginner/Developmental Classes

- Saturdays 10:00-10:45AM, 11:00-11:45AM, 12:00-12:45 PM
- Program Details: The beginner/advanced course is designed for children ages 3 years up to 10 years of age who are beginner to developing swimmers. This group class is held in the indoor recreation pool and focuses on basic water safety and swimming skills. Participants must be able to sit independently and follow instructions throughout the class period.
- Class Dates (6): February 5, 12, 19; March 5, 12, 19
- Pricing: Member - \$160, Non-Member - \$175

Children's Saturday Competitive Lesson

- Saturdays 12:00-12:45 PM
- Program Details: The children's competitive course is designed for children ages 6 to 12 years of age who are advanced swimmers wishing to further develop their endurance and learn proper strokes. The goal is to provide young swimmers with the confidence they need to continue to pursue swimming as a sport. This group class is held in the indoor lap pool and focuses on basic stroke technique, developing endurance and having fun in a more competitive environment! Participants must be able to swim independently and follow instructions throughout the class period.
- This program is designed for children who have already completed a learn to swim program and can swim 25 yards of continuous freestyle and kick on their back without in-water assistance.
- Class Dates (6): February 5, 12, 19; March 5, 12, 19
- Pricing: Member - \$160, Non-Member - \$175