

SWIM TEAM

WHO IS IT FOR?

The Downtown Athletic Club Swim Team is designed for children ages 7 to 14 years who are able to swim 25 yards of backstroke and freestyle and want to advance their competitive swimming skills. Our low ratio of instructor to swimmer allows for individualized instruction.

WHAT DOES SWIM TEAM TEACH MY CHILD?

Each practice session begins with a 15 minute dry-land warm-up designed to increase strength, balance and flexibility. As a member of the swim team, your child will:

- Learn advanced stroke drills
- Improve swimming technique
- Gain endurance
- Participate in competitive swim meets
- Develop mental stamina and confidence

WHEN ARE THE PRACTICES?

Winter Session - January 7 - March 14

No practice Martin Luther King and Presidents Day

Monday, Tuesday, Wednesday, Thursday 4:15-5:30 p.m.

WHAT ABOUT SWIM MEETS?

Meets offer shorter racing distances in a relaxed atmosphere. These meets are hosted by local teams and typically last around two hours. Parents will be notified in advance of scheduled meets.

WHAT IS THE COST FOR SWIM TEAM?

MEMBERS-PER WEEK

- \$26 four day session
- \$20 three day session
- \$260 for full season

NON-MEMBERS-PER WEEK

- \$30 four day session
- \$23 three day session
- \$300 for full season

WHAT EQUIPMENT IS NEEDED?

Swimmers will need a practice suit, goggles and a swim cap and tennis shoes for dry land exercises at the beginning of each practice.

HOW DO I SIGN UP?

Contact Aquatics at 541-484-4011 ext. 237 or e-mail swimming@downtownac.com to join the team.

Children interested in joining swim team may try the first week for free.

SWIM LESSONS

YOUTH SWIM LESSONS

The Downtown Athletic Club offers both Private and Semi-Private Lessons for children beginning at age 2. Private Lessons are structured to meet your child's individual needs. Semi-Private Lessons are available for two swimmers of similar ability. Lessons are offered for all levels from the beginner to the advanced.

HOW ARE THE CLASSES STRUCTURED?

Private and Semi-Private Lessons are thirty minutes long. Color levels of silver, green, purple and orange advance your child through our curriculum. When your child masters the "Ribbon Qualifications" pertaining to a color level, he/she is awarded a ribbon and moves on to the next level.

WHEN AND WHERE ARE THE CLASSES OFFERED?

Lessons are offered at various times Monday through Friday between 3 p.m. and 5:30 p.m. All lessons take place in the Downtown Athletic Club's Fitness Pool which is kept at a comfortable 87 degrees.

WHAT IS THE COST?

PRIVATE LESSONS- 30 MINUTES

1 Lesson

\$20/ Members

28/ Non-Members

5 Lesson Package

\$95 (\$19.00 per lesson) Members

\$130 (\$26.00 per lesson) Non-Members

10 Lesson Package

\$175 (\$17.50 per lesson) Members

\$245 (\$24.50 per lesson) Non-Members

SEMI-PRIVATE LESSONS- 30 MINUTES

PRICE PER STUDENT

1 Lesson

\$12.00/ Members

\$18.00/ Non-Members

5 Lesson Package

\$55 (\$11.00 per lesson) Members

\$85 (\$17.00 per lesson) Non-Members

10 Lesson Package

\$100 (\$10.00 per lesson) Members

\$160 (\$16.00 per lesson) Non-Members

HOW DO I SIGN UP?

Contact Aquatics at 541-484-4011 ext. 237 or e-mail programs@downtownac.com to schedule your lessons.

ADULT SWIM LESSONS

Adult swim lessons are available for members only. They are taught as private lessons in 30 minute sessions. Instructors can help beginners gain confidence in the water or help more advanced swimmers master their technique.

1 Lesson	\$30
4 Lessons	\$100

CANCELLATION POLICY

DAC policy requires a 24 hour advance notice for cancelling reserved swim lessons. Reservations cancelled within 24 hours will be billed as a completed lesson.