

## PELICAN ATHLETIC CLUB

### SWIM LESSON INFORMATION 2010

Please fill out a swim lesson registration form to reserve a spot with one of our instructors. Registration forms can be found at the Concierge desk or by the Aquatics board. Registration forms for group lessons are due at the concierge desk no later than noon on the Friday before session is to begin. Make up classes are offered only if classes are cancelled due to inclement weather conditions or PAC commitments. During inclement weather, you may call your instructor directly to see if a lesson is cancelled. Instructor's personal cards with cell numbers can be provided.

Janice Evans 985-966-2184

Cathy Englehart 985-789-6433

Megan Andinio 504-427-2080

Shannon Sexton 985-778-9089

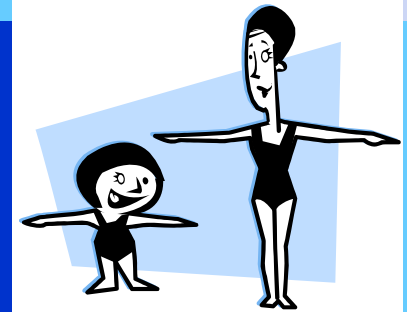
The swim lesson participant must be an active PAC member to be eligible for member fees to apply. You will be contacted by email to confirm your request. PAC reserves the right to combine times for classes that are not full.

Safety is the main reason for learning to swim. PAC's program will offer your child a safe start in life! We emphasize proper techniques and give special care to correct breathing, body position, and good swimming strokes. Proficiency leads to ACHIEVEMENT and SELF ESTEEM.

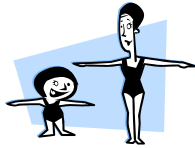
Your child should bring to class a swimsuit, towel, swim cap (for girls with long hair.) Goggles are optional but helpful. Goggles and caps can be purchased in the Proshop.

# PELICAN ATHLETIC CLUB

## SWIM LESSONS 2010



FOR INFORMATION  
Call Charlotte Hoolihan  
or Janice Evans  
626-3706  
EXTENSION #167  
or email:  
charlotte@thepac.com



### **PRIVATE SWIM LESSONS — ALL AGES**

One on One teacher and student  
5/ 30 minute sessions

Private lessons are available for all ages and all swimming levels, beginner, intermediate and advanced.

Member fee \$145 Non-Member fee \$185

### **SEMI-PRIVATE LESSONS - ALL AGES**

Semi-private lessons are available for all ages and all swimming levels, beginner, intermediate and advanced. Consists of 2 individuals sharing the 5/30 minute sessions.

**Please provide the 2 individuals  
in the session.**

Member fee \$280 Non-Member fee \$360

### **MOMMIE AND ME—6 MTHS. TO 2 YEARS**

**Participants must be accompanied by a parent or guardian in the water.** This provides interactive instruction for the parent to continue to reinforce after the class to help child adapt to the water experience.

5/30 minute sessions

Member fee \$135 Non-Member fee \$175

Session I—June 7- 11 - 11:30am

Session II—June 14—18 - 11:30am

Session III—June 21—25 - 11:30am

Session IV—July 5 —July 9 — 11:30am

### **GROUP LESSONS—MAY THROUGH AUGUST**

PAC offers several group sessions in the summer. This group dynamic gives children the opportunity to interact with other children and excel in a group atmosphere.

2 week sessions, Monday—Thurs.

8/40 minute sessions.

Fridays are reserved for rain out days.

Member fee \$130 Non-Member fee \$170

**\*Session 1** May 17-20 & May 24-27  
10am, 10:45am, 3:45pm

**\*Session II** May 31- June 3 & June 7-10  
9:15am,10am,10:45am,5:30pm,6:15pm

**\*Session III** June 14-17 & June 21-24  
9:15am,10am,10:45am, 5:30pm,6:15pm

**\*Session IV** June 28-July 1 & July 5-8  
9:15am,10am, 10:45am, 5:30pm, 6:15pm

**\*Session V** July 12-15 & July 19-22  
9:15am,10am, 10:45am, 5:30pm, 6:15pm

**All requests after this date will be treated as  
private or semi-private lessons.**

### **INFORMATION # FOR ALL LESSONS**

**626-3706 EXT # 167**

Revised 11/09

### **SPRING AND FALL GROUP LESSONS**

**SPRING AND FALL GROUPS OFFERED ON  
SATURDAYS IN APRIL, MAY, SEPTEMBER  
AND OCTOBER.**

**4 LESSONS/40 MINUTE SESSIONS.  
OFFERED AT 10am**

Member fee \$110 Non-Member fee \$150

### **COMPETITIVE GROUP SWIM LESSONS**

Designed as a jump to the next level after swim lessons, PAC offers a special program for those children who are not quite ready for swim team and are too advanced for swim lessons. Our instructors will work with your child to promote strong swimming skills, efficient stroke technique, and introduce them to swim team starts and finishes.

Summer Sessions are 2 weeks in length and consist of 8/40 minute sessions. Sessions begin June 1 and run through July 23. Ages will vary, the swimmer must have advanced beyond swim lessons and be ready for low level competition swimming.

10:15am—11:00am

Member fee \$115 Non-Member fee \$155