

# POOL INFORMATION

*Welcome to the wide world of aquatics!*

*At Olympic Athletic Club you'll find an array of aquatic services to fit your needs. The pool at OAC is designed for multiple uses. The water is saline based, making it gentle on your skin and hair. The pool temperature is kept at a happy medium for lap swimmers, aerobic classes and children.*

*OAC has experienced instructors teaching both children and adults how to reach their swimming goals.*

*If you have questions or comments regarding swim lessons at OAC, visit our website at [www.olympicathleticclub.com](http://www.olympicathleticclub.com) or contact Michaela Crkonova by voice mail via the front desk at 206.789.5010 or e-mail Michaela at [michaelac@olympicathleticclub.com](mailto:michaelac@olympicathleticclub.com).*



# SWIM LESSONS

*OAC offers swim lessons for children and adults of all ages and abilities.  
All lessons are 30 minutes in length.*

## PRICE LIST

### PRIVATE LESSONS:

*One student per instructor.*

Members	\$30.00
Non-Members	\$35.00

### SEMI-PRIVATE LESSONS:

*Two students per instructor. OAC requires the participant to provide both students.*

Members	\$20.00 per child
Non-Members	\$25.00 per child

### PARENT & INFANT / TODDLER LESSONS:

*This is a fun class designed to encourage small children to explore and enjoy the water. Classes are offered throughout the year according to demand.*

Members	\$35.00
Non-Members	\$45.00

**SAFETY NOTE:** *Our pool is a lap pool. Therefore, it is shallow, measuring four feet deep. Diving is NOT permitted or taught by OAC instructors.*

### GROUP LESSONS:

*Offered all year long. Up to five students per instructor. Session consists of four classes*

Members	\$40.00
Non-Members	\$60.00

### LEVEL DESCRIPTIONS:

**VERY BEGINNERS:** Water exploration for ages 3 and up. This class is for children with little or no exposure to water. The child must be willing to be in the pool without their parent or caregiver.

**BEGINNERS I:** Comfortable with blowing bubbles and kicking on pool wall.

**BEGINNERS II:** Not yet comfortable swimming on own. Child must be able to back float.

**ADVANCED BEGINNERS:** Able to swim the width of the pool. Child uses big arm strokes.

**INTERMEDIATE:** More work on crawl stroke and back stroke.



206.789-5010

# SCHEDULING

*Please contact the front desk to sign up  
for all lessons and swim classes.*

## POLICIES

- **NO LIFEGUARD ON DUTY.**
- Please call the front desk 24 hours in advance if you need to cancel a lesson. You will be charged the **full price** for a lesson not cancelled at least 24 hours in advance.
- Payment is required in advance for all lessons and classes.
- A consent form must be signed by anyone attending a lesson. *Children under the age of 18 must have a parent signature.*
- State law forbids any child under the age of 6 years to be in the hot tub. *Children between the ages of 6 and 12 years may only use the hot tub with adult supervision.*
- No child under the age of 18 is allowed in the pool, at any time, without adult supervision.
- Infants and children not **fully** potty trained must wear proper swim diapers in the pool.



**OLYMPIC**  
**ATHLETIC CLUB**

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LESSONS

INFORMATION  
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