

## Learn to Swim Request

Please provide me with more information on  
The Solana Club's Learn to Swim Programs

Name \_\_\_\_\_

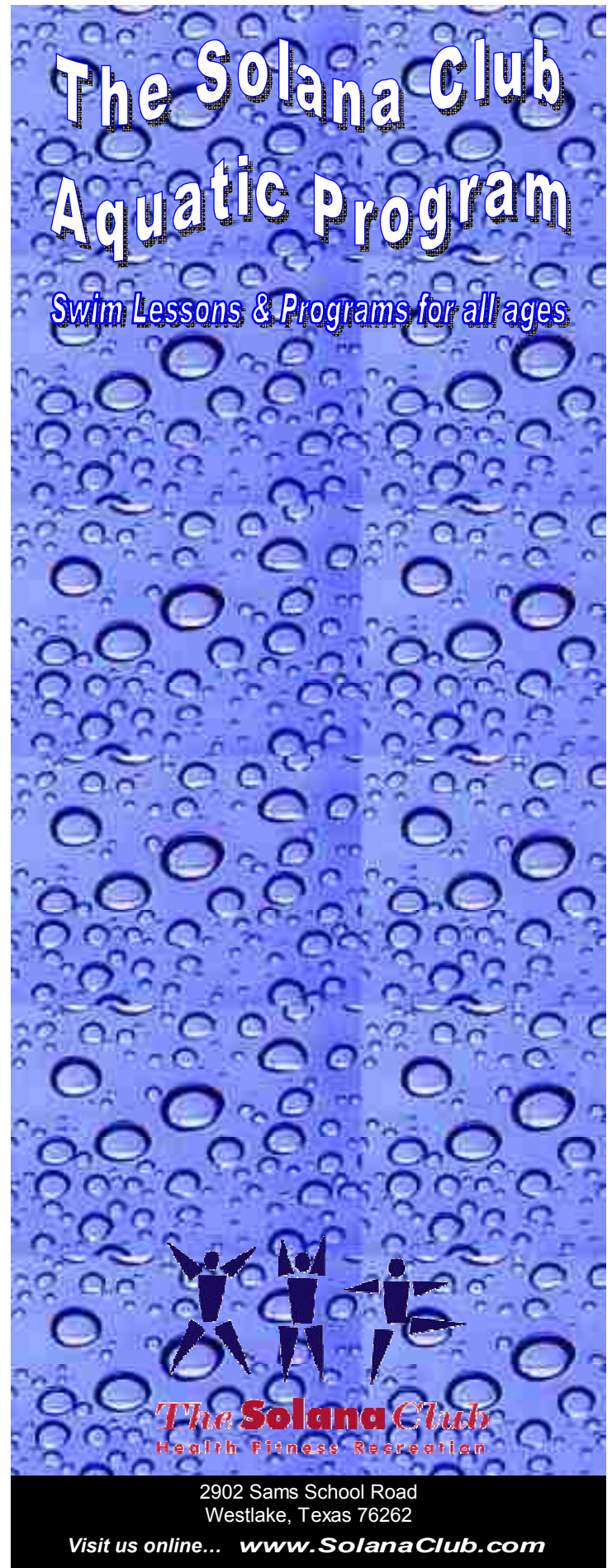
Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I am interested in the following programs

- Adult Learn to Swim
- Adult Swim Club
- Stroke Class
- Adult Private Lessons
- Children Private Lessons
- Children Summer Learn to Swim

For more information or to schedule a class,  
please call 817-430-0038 or email  
[programs@solanaclub.com](mailto:programs@solanaclub.com)



# The Solana Club Aquatic Program

Swim Lessons & Programs for all ages

**The Solana Club**  
Health Fitness Recreation

2902 Sams School Road  
Westlake, Texas 76262

Visit us online... [www.SolanaClub.com](http://www.SolanaClub.com)

## Adult Learn to Swim Classes



This class is great for anyone just getting started in the water and who wants to be able to enjoy boating and swimming.

A great refresher if it has been a while since you've been in the pool. Your class will learn...

- Basic water safety and skills
- Front and back float
- Surface and underwater swimming
- Treading water
- Basics of front (freestyle) and back crawl swim strokes

\$110 less than \$14 per session (non-members add \$10)

One hour class, 8-week session

(minimum 4/maximum 6 participants per session)

Program Code: 3125

## Adult Swim Club

Adult open lane swim to practice stroke execution, body alignment, breathing technique and overall efficiency. All levels are welcome. Swimmers will be grouped with like swimmers for lane sharing. Focus will be on increasing endurance through timing and pace drills. Technique analysis is available on request.



## Private and Semi-Private (Adult or Children)



Available for any level and any age. Designed to help children and adults developing skills to be comfortable in the water.

Level 1- You will learn basic water skills, breathing control,

underwater and surface swimming.

Level 2- Sessions are designed based on individual goals and an assessment of current skill levels. Improving stroke execution and breathing techniques can increase your swimming efficiency. Swimming efficiently can help you swim faster with less fatigue. Fitness swimming is a fantastic low impact option for injury recovery, multi-sport training and cross-training.

Program Code: Hour 3116 Half Hour 3115	Hour Session		Half Hour Session	
	Member	Non-Member	Member	Non Member
Children	\$50	\$55	\$25	\$30
Adult	\$60	\$65	\$30	\$35

## Stroke Class

Great for individuals who are comfortable in the water and like to swim laps. Improving stroke execution, body alignment, and breathing technique will increase your swimming efficiency. You will be able to swim noticeably longer with less tiredness, improved stroke execution, body alignment, and breathing technique.



Emphasis can be tailored based on class and participant needs:

- Stroke development and refinement
- Front and back crawl strokes
- Breast stroke and side stroke (on request)

\$99 less than \$13 per session (non-members add \$10)

One hour class, 8 week session

(minimum 4 / maximum 8 participants per session)

Program Code: 3174

## Learn to Swim Summer Program

The Solana Club's Learn to Swim Summer Program provides children the best environment for adapting to the water and learning to swim. We offer a very low student-to-teacher ratio assuring all students the much needed one on one interaction with certified instructors. A lifeguard will be on duty for all lessons to ensure your child's safety. More information is available in the Spring.

