

# Private Swimming Lessons

Everyone learns to swim at a different speed and with varying levels of comfort.

That's why **Worcester Fitness Swim Academy** offers one-on-one, fully customized, personal swim lessons for clients of all ages.

It is the single best way for you or your child to make effective and efficient progress in the water!

## WSI Instructors

*Kat Butterfield*  
*Laura Delorey*  
*Christine Hunt*

*Janine McCarthy*  
*Jenni Waldron*

### CHILDREN

**1 Student**  
\$45 Single  
\$162 for 4 Lessons

**2 students**  
\$65 Single  
\$234 for 4 Lessons

**3 students**  
\$81 Single  
\$291 for 4 Lessons

**4 students**  
\$95 Single  
\$342 for 4 Lessons

### ADULT

**1 Student**  
\$50 Single  
\$180 for 4 Lessons

**2 Students**  
\$70 Single  
\$252 for 4 Lessons

**3 Students**  
\$84 Single  
\$303 for 4 Lessons

**4 Students**  
\$100 Single  
\$360 for 4 Lessons



# Private Swim Coaching

For children, teens, and adults with basic stroke knowledge that are looking to refine their technique.

## ***Instructor Kathy Spodick***

*Private Competitive Swimming Stroke and Technique Specialist*

*ASCA Certified Age Group and High School Coach*

## Coaching

Advanced Technique competitive skills instruction and coaching involves a skills evaluation and breakdown of each individual skill and stroke. Corrections are made by utilizing specialized training equipment and drills. Adjustments are made in stroke and competitive technique so the swimmer becomes more efficient.

Sessions are customized to meet the needs of each individual swimmer following the philosophy that improved technique improves performance and minimize injury.

## Prices

1 Student	1 Student	2 Student	2 Students
30 Minutes	60 Minutes	30 Minutes	60 minutes
\$50 Single	\$85 Single	\$70 Single	\$125 Single
\$180 4 lessons	\$306 4 lessons	\$252 4 lessons	\$450 4 lessons

## Advanced Performance Coaching

A combination of our “standard” coaching and in depth video analysis and more specialized and specific instruction. Prior discussion with coach required before scheduling this session.

1 Student
60 Minutes
\$105 Single
\$378 4 Lessons

