

Group Swim Lesson Programs

Swim School

Our swim lesson program endorses learning to swim using competitive stroke mechanics. Children will learn the basics of competitive strokes using a variety of equipment, drills, and games! The swim school is designed to accommodate students of varying skill levels, from very basic beginners to more advanced swimmers. Lessons will start for children at the age of 4 and continue through approximately 13 years of age.

Classes will meet for 3-week sessions, Mondays and Wednesdays from 5pm – 5:45pm, *or* 6pm – 6:45pm depending on demand
\$90 member/ \$110 non-member

Adult Swim School

Like our children's swim school, this program will help adults learn to swim with an emphasis on competitive stroke mechanics. For swimmers 15 and older, the swim school is designed to accommodate students of varying skill levels, from very basic beginners to more advanced swimmers

Classes will meet for 3-week sessions, Mondays and Wednesdays from 7pm – 7:45pm.
\$90 member/ \$110 non-member

The Swim School runs from March through September.

For specific information regarding dates for The UTHSC Swim School, please contact Aquatics Coordinator Erin Jennings via email at erinjennings@uthsc.edu, or call 901- 448-2766.

For registration for any of our group lesson programs, please render payment on site at the UTHSC Fitness Center front desk from 8am – 7pm, Monday through Friday.

For any questions, please contact Aquatics Coordinator Erin Jennings via email at erinjennings@uthsc.edu, or call 901- 448-2766.

Private Swim Program

The UTHSC Aquatics Department will also offer private swim sessions for adults and children. We offer sessions at a variety of levels to meet your individual needs.

Beginning/ Intermediate/ Advanced Children and Adults

With a one-to-one student teacher ratio, each swimmer will move at their own pace with the instructor and work exclusively at their own skill level. Private lessons provide focus on the individual needs of each swimmer to ensure an efficient approach to teaching and learning.

\$50 per hour

Package of 6 - \$270

\$25 per half hour

Package of 6 - \$135

Private Specialty Programs

Competitive Fast Track

These private sessions focus explicitly on teaching children how to meet the minimum requirements for swimming on a competitive team. This includes basic conditioning as well as teaching legal swimming according to standards set by US Swimming.

Prerequisite: Swimmers must be able to swim 10-15 yards comfortably

Fitness Swimming for Adults

Fitness swimming for adults will focus on developing skills that will allow the swimmer to build skills that will allow them to swim for fitness and wellbeing. The skill level for this class will target those who are seeking basic fitness swimming skills and light swim workouts.

Prerequisite: Swimmers must be able to swim 25 yards comfortably

Triathlete Coaching

This program offers stroke analysis by experienced coaches in order to diagnose and correct inefficient swimming, precise drills to correct your stroke for more efficient and easier swimming, and training fundamentals for distance and sprint triathlon swimming. For beginning, intermediate, and advanced triathletes.

Prerequisite: Swimmers must be able to swim 25 yards comfortably

Prices:

\$60 per hour

Package of 6 - \$325

\$30 per half hour

Package of 6 - \$160

For information and registration, please contact Aquatics Coordinator Erin Jennings via email at erinjennings@uthsc.edu, or call 901- 448-2766.