

Swim!

AT THE ESSEX

We swim. Simply. With ease.

Private Lessons

1 x 30 min Lesson \$40.00
4 x 30 min Lessons \$140.00
8 x 30 min Lessons \$240.00
12 x 30 min Lessons \$300.00

Semi-Private Lessons

(2, 3 or 4 swimmers)

1 x 30 min Lesson \$30.00 per swimmer
4 x 30 min Lessons \$100.00 per swimmer
8 x 30 min Lessons \$160.00 per swimmer

Session I (6 weeks)

January 3rd-February 11th, 2011

Baby Swim! at The Essex

Parent and child - Intro to water

Games, songs, splashy fun!

Saturdays, 8:30-9:00 a.m.

\$90

Little's Swim! at The Essex

Swim lessons for toddlers and preschoolers

(Parent does not get in water)

Wednesdays

9:30-10 a.m. Toddlers who don't swim underwater

10-10:30 a.m. Toddlers who love to swim underwater

10:30-11 a.m. Pre K and K who don't swim underwater

11-11:30 a.m. Pre K and K who love to swim underwater

\$100

-more-

Kids Swim! at The Essex

Must be able to swim 25 yards, independently (ages 4-8)

1-day Option

Wednesdays, 3:45-4:30pm

\$90

2-day Option

Tuesdays and Thursdays, 3:45-4:30pm

\$135

Swim! I at The Essex

Must be able to swim 50-100 yards in some fashion (ages 6-18)

1-day Option

Wednesdays, 4:30-5:30pm

\$120

2-day Option

Tuesdays and Thursdays, 4:30-5:30pm

\$180

Swim! II at The Essex

Must be able to swim 200-300 yards (ages 6-18)

1-day Option

Wednesdays, 5:30-6:30pm

\$120

2-day Option

Tuesdays and Thursdays, 5:30-6:30pm

\$180

-more-

Lunchtime Adult Swim! at The Essex

Must be able to swim 25 yards in some fashion

Thursdays, 12:00-1:00pm

\$120

Adult Swim! at The Essex

Must be able to swim 25 yards in some fashion

Tuesdays, 6:30-7:30pm

\$120

Tri Swim! at The Essex

For all Triathletes, both wannabees and for realz!

Must be able to swim 25 yards.

Wednesdays

6:30-7:30pm

\$120

Call The Essex Resort & Spa for availability and to register:

802-764-1452

Payment required at sign up.

Annie Cooper

Director, Swim! at The Essex

Ease in Water

802-764-1452

a member of the

Positive Youth Sports Alliance of Essex:

"Promoting a positive sports experience that will teach lifelong lessons through personal growth and healthy competition"