

PRICING:

- 30 min (private) - \$40
- 30 min (semi-private) - \$30/person
- 45 min (private) - \$55
- 45 min (semi-private) - \$40/person
- 1 hour (group) - \$120/person
for 4 lessons

NOTES:

Lesson Availability: Lesson times are available throughout the week. Please contact Alyssa to find a convenient time that works with your schedule.

TO BOOK LESSONS OR FOR ANY INQUIRIES:

Please contact
Stephanie Rauhut
Swim Trainer
at 416-865-0900 ext. 253
or stephanie@torontoathleticclub.com

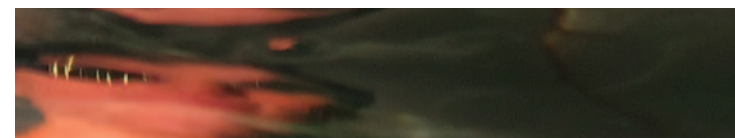


**TORONTO
ATHLETIC CLUB**

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Cambridge Group of Clubs



**PRIVATE LESSONS
FOR CHILDREN & ADULTS!**



SWIM INSTRUCTORS

Stephanie Rauhut:

Stephanie has been an aquatics enthusiast her entire life! She brings over ten years of experience to the TAC, and has taught swimmers of all ages and abilities – from toddlers to seniors. She believes in the importance of proper technique to enjoy a lifetime of swimming. Whether you are working towards a specific goal, are looking for a fun way to improve your overall fitness, or are looking for some tips on technique, Stephanie can help you meet and exceed your challenge.

Stephanie has just recently moved to Toronto from Montreal, where she was the Aquatics Director and Junior Programme Coordinator at the Club Sportif MAA. While at the MAA, she coached the Junior Swim Team and Masters Swim Team, taught and coordinated group lessons, and helped numerous members meet their individual goals through private and semi-private swim training. Stephanie competes in triathlons, and has plenty of experience to offer for open water swimmers as well!

April Hannah Barthau:

April is a certified Swim Instructor and has had a passion for swimming all her life! Currently, April is a nursing student at Ryerson University. Over the past 7 years April has been using her skills and knowledge to lifeguard and teach swimming lessons in Toronto and Quebec. She has swam competitively for 4 years, done 2 years of synchronized swimming, and in her senior years at high school coached the school's swimming team.

April has years of experience teaching people of all ages, from infants all the way to elderly individuals, in both private and group lessons. April believes that swimming is a very individualistic form of activity and believes in centering lessons on individual's needs and desires, while making every lesson fun!

CHILDREN'S LESSONS



Swimming lessons provide children with a variety of water skills, such as breath control, surface support, submersion, entry, stroke technique and safety. Most children are developmentally ready for swimming lessons by 4 years of age, though younger children can benefit from swimming lessons that emphasize water adjustment, safety, and swimming readiness skills. Children's lessons are offered on an ongoing basis on Saturdays and Sundays and are customized to individual children's skills, needs and goals.

WHY SHOULD CHILDREN LEARN TO SWIM?

- Swimming is an important life skill
- Learning to swim provides a level of protection against drowning
- Swimming enhances children's natural flexibility, develops superior coordination, and promotes proportional muscular development
- Swimming opens doors to many enjoyable activities and future opportunities; from swim clubs to water parks to sailing, water skiing and other water sports. Also jobs as lifeguards and swim instructors!

SWIM TRAINING

Swimming is one of the safest and most effective forms of exercise, engaging all the major muscle groups while placing very little stress on bones and joints. Swimming combines the benefits of aerobic exercise with anaerobic exercise and resistance training; building endurance, strength, cardiovascular fitness, improving posture and flexibility. We offer a variety of tailored training options, with emphases on such areas as:

- Basic skills: foundational swim skills of orientation and movement
- Stroke improvement: technique precision, stroke efficiency and greater body awareness
- Fitness training: improving speed, strength and endurance with attention on how to design effective swim workouts
- Rehabilitation: recovering from injury, improving strength and range of motion

