

## PRICING:

- 30 min (private) - \$40
- 30 min (semi-private) - \$30/person
- 45 min (private) - \$55
- 45 min (semi-private) - \$40/person

## NOTES:

**Level Screening:** During the first lesson, students will be screened for appropriate levels, and potential goals for the lessons will be discussed.

**Lesson Availability:** Lessons are typically available on weekends and some weeknights, please contact Alissa to find something that works with your schedule.

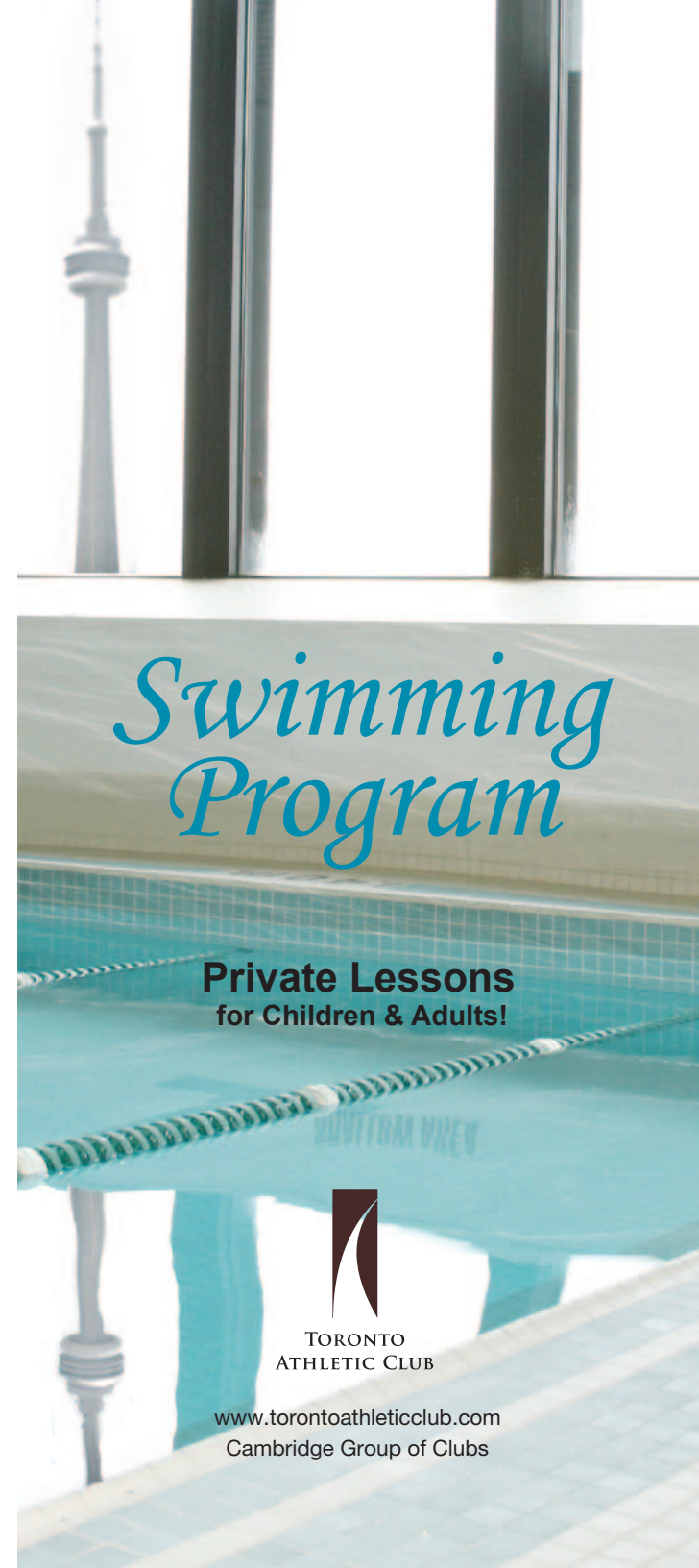
## TO BOOK LESSONS OR FOR ANY INQUIRIES:

Please contact Alyssa Adair  
TAC Swim Program Trainer  
Phone: 416-865-0900 ext. 253  
Email: [almaidair@gmail.com](mailto:almaidair@gmail.com)



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[torontoathleticclub.com](http://torontoathleticclub.com)  
Cambridge Group of Clubs



# Swimming Program

**Private Lessons  
for Children & Adults!**



TORONTO  
ATHLETIC CLUB

[www.torontoathleticclub.com](http://www.torontoathleticclub.com)  
Cambridge Group of Clubs

**Alyssa Adair:**

Alyssa swam competitively for 10 years with the University of Calgary Swim Club, after which time she completed her training as a Lifeguard and Swim Instructor. She has a variety of experience teaching children and adult swimmers at beginning and advanced levels in individual and group settings.

For the past 3 years Alyssa has worked as a Swim Instructor with the YMCA. In addition, she has coached swim club athletes, as well as triathletes and disabled adult competitive swimmers through Special Olympics. She has been involved with training YMCA Swim Instructors to improve their instruction of proper stroke technique. She has also conducted adapted swimming programs, such as a hydrotherapy program for children with cerebral palsy.

**April Hannah Barthau:**

April is a certified Swim Instructor and Coach and has had a passion for swimming all her life!

Currently, April is a nursing student at Ryerson University and is doing her minor in psychology. Over the past 6 years April has been using her skills and knowledge to lifeguard and teach swimming lessons both with the City of Toronto and in Quebec. In addition, she swam competitively for 4 years, did 2 years of synchronized swimming, and in her senior years at high school coached the school's swimming team.

Over the years she has experienced teaching infants all the way to elderly individuals, in both private and group lessons, whether it is to learn how to swim or improve techniques. April believes that swimming is a very individualistic form of activity. She believes in centering lessons on individual's needs and desires and knows how to make every lesson fun!

**Red Cross Swim Kids:**

- 10 Level program fits with today's swimmers; kids can get through all levels and feel proud of their achievements.
- Swimming and Water Safety skills are taught in the water so kids are always active and wet – promotes success and encourages lifelong fitness.
- New focus on individual achievement creates a cycle of success that is geared to kids.



The following are examples of approaches to private lessons which are available. Please let me know if you are in need of additional training options.

- **Learn to Swim:** focusing on the basics of orientation in the water and movement skills.
- **Stroke Development and Correction:** focusing on improving technique and efficiency of strokes.
- **Advanced Training:** focuses on competitive swimming skills and stroke analysis.

