



SWIM LESSONS

2023 SUMMER SEASON

St. Petersburg Country Club
2000 Country Club Way S.
St. Petersburg, Florida 33712

(727) 867-2111

spccstorm@gmail.com

CONTACT

**HEAD LIFE
GUARD**

Anna Maria Carella

WATER PREP

RECOMMENDED FOR

AGE 5 AND UNDER

Swimmers will develop a comfort level in the water. Water Prep teaches swimmers to move across the water surface, float, and tread water.

NOVICE

RECOMMENDED FOR

AGES 6 - 9

This group is for the novice who may or may not be a competitive swimmer but would like to develop skills and build fundamentals. Swimmers will learn stroke technique and proper breathing for each of the competitive strokes including freestyle, breaststroke, butterfly, and backstroke.

ADVANCED

RECOMMENDED FOR

AGES 10 AND UP

This offering is for swimmers looking to advance performance in the pool and refine technique. Students will improve strokes, optimize flip turns and race starts for efficiency and speed. Swimmers will learn how to maximize energy and endurance in the pool.

PRICING

CLUB MEMBERS

\$ 50 Hourly

\$ 30 Half-Hour

\$15 Per Person for Group
Lessons of 2 or more