

ADULT PROGRAMS

MASTERS

M W F 7am & 9am

T TH 12pm

A coached, one hour and fifteen minute swim that provides both a challenging workout and stroke technique.

Swimmers able to swim 1,000 meters in thirty minutes are encouraged to join us on deck and give KCF Masters a try!

\$25/Month

VIDEO STROKE ANALYSIS

Offered by our elite level coach Jonathan Harmse, under water video analysis is available at days and times of your choosing.

CLASSIC PACKAGE
\$70

45 minute lesson and review of video

DELUXE PACKAGE
\$135 individually,

\$235 for two athletes

Initial 45 minute lessons and review, followed by a 60 minute lesson and review at a later date

PRIVATE & SEMI-PRIVATE SWIM LESSONS

From novice to advanced levels, every swimmer can benefit from private lessons. No matter the level, our experienced coaching staff is committed to helping you achieve your goals in the water.

Lessons are offered year round and scheduled at days and times of your choosing, depending on instructor availability.

PRIVATE SWIM LESSONS

	Member	Guest
1 Lesson	\$29	\$34
5 Lessons	\$120	\$145
10 Lessons	\$220	\$270

SEMI-PRIVATE SWIM LESSONS (PRICE/STUDENT)

	Member	Guest
1 Lesson	\$18	\$21
5 Lessons	\$76	\$91
10 Lessons	\$132	\$162

YOUTH PROGRAMS

STROKE SCHOOL

Monday-Friday 3:15-4pm

A great next step beyond swim lessons: either towards swim team or for young athletes with a desire to swim well for fun and fitness, Stroke School provides instruction for students aged 7 and older. An assessment prior to enrollment is required; please contact Director to schedule.

\$66/Month for Members

\$76/Month for Guests

Practices may also be purchased individually by way of punch cards; please contact Director for pricing.

FAMILY SWIM

Saturdays 1-4pm

Enjoy some unstructured time in the pool with your family and friends while a lifeguard is on duty.

Free for Members

Children of Members and Guests:

Under 10	\$5
10-17	\$10