

Aquatic Programming for Everyone...



Swim Lessons, Parent/Child Classes, Aquatic Bootcamp, Lap Swimming and More!

Wahoo Swim Academy offers aquatic programming for all ages. With experienced staff, a low instructor to participant ratio and programs to meet every budget, our programs can help you or your child learn to swim, help you improve your stroke or help you achieve your fitness goals.



Call (919)859-4881 or contact us at wsa@swimrsa.org to start swimming the Wahoo Way!

Group Swim Lessons

Learn to swim the Wahoo Way! Instruction is available for participants aged 2 years to 99+ years old. The instructor to participant ratio is limited to 1 instructor to a maximum of 5 children. Classes are typically taught in sessions of eight one hour lessons and are available in weekday sessions (Monday through Thursday) or weekend sessions (Saturday and Sunday). Lessons for participants aged 13 years old and older are taught on a private lesson basis only.

Age Range:
2 years to 99+ years old

Group Lesson Cost:
\$180.00 for 8 1-hour lessons

Private Lesson Cost:
\$250.00 for 4 1-hour lessons
Semi-private and other options available; just ask!

Booking Fall and Winter Classes Now!

Parent/Child Water Fun

Acclimate your young child to the water in a safe environment. Focusing on water safety skills and fun, parents and children work together with the instructors to learn face submersion, bubble blowing, front floating, back floating and more. Sessions include four 45-minute classes on Saturday mornings at 10:00 am. **Note: Parent must be in the water with the child.**

The instructor to participant ratio is limited to 1 instructor to a maximum of 5 children with accompanying parents. **Reusable swim diapers are required. Disposable swim diapers are not allowed.**

Age Range:
9 months to 2 years old

Cost:
\$100 for 4 45-minute classes

Next Session Starts October 3rd, 2015.

Aquatic Bootcamp

Aquatic and dryland exercises in this class help improve fitness, strength, stamina, endurance, speed, and flexibility. Workouts are individualized for each participant and are designed to be easy on the joints while still working core muscle groups. Classes are held on Tuesday and Thursday evenings from 8:30 pm to 9:30 pm. **Note: Athlete must be able to swim unassisted.**

Age Range:
18 years old to 99+ years old

Rolling Registration; call today!

Cost:
\$150 for 10 1-hour classes

Mornings and weekends coming soon!



Lap Swimming, Arthritis Aquatic Therapy and More...

Are you looking for a way to get back in shape, cross train, prepare for a triathlon, or just love to swim? Lap swimming memberships are available on a monthly or annual basis. Joints aching, recovering from an injury? Arthritis Aquatic Therapy is for you. Email us at wsa@swimrsa.org or call (919)859-4881 for more information.

Have a great idea for a fitness class? Let us know at wsa@swimrsa.org.