

# ADULT LESSONS

WEST COAST AQUATICS | SWIMMING

## ADULT SWIM LESSONS

It is never too late to learn to swim! At WEST Coast Aquatics we believe everyone should know how to swim and be able to enjoy a lifetime of fun and fitness in the water. Whether you want to be a proficient lap swimmer, learn swimming basics or advanced swimming skills, our adult swim program will help you meet your swimming goals.

Theresa's passion is teaching and coaching swimming. She had a near drowning experience as a child, and feared being in the water. At the age of 39, she started learning to swim and has since completed numerous triathlons at all distances, including five Ironman competitions and other open water competitions.

Theresa teaches swimmers of all ability levels, and gets great satisfaction seeing swimmers go from being anxious getting into the water, to becoming swimmers who enjoy swimming in the pool for recreation, and for some, venturing out into open water and competing in triathlons.

## THERESA'S CREDENTIALS:

- \* US Adult Learn to Swim Instructor Certification
- \* US Masters Swimming Certification Levels 1, 2, & 3
- \* USA Swimming Level 1 Certification
- \* American Red Cross Lifeguard, CPR, and AED Certified
- \* National Academy of Sports Medicine Certification
- \* USAT Level 1 Coaching Certification

## REGISTRATION

Adult private lessons are scheduled during block times set up by WEST Coast Aquatics. These times are during open or lap swim hours and are 30 minutes or 1 hour long. We need at least 3 business days advance notice for bookings.

If for any reason you are unable to make your scheduled appointment, or you would like to cancel please give WEST Coast Aquatics at least 24 hours notice. If 24 hours notice is not given prior to scheduled appointment, you will be responsible for full payment of the missed lesson. Please contact Theresa directly for rescheduling.

All adult swim lessons are scheduled with our Adult Swim Lessons Coach Theresa Trinka Hoard. Coach Theresa can be reached at:  
email: [theresa@westswimteam.com](mailto:theresa@westswimteam.com)  
phone: 206 - 226 - 3130

For general information & inquiries, we can be reached at [office@westswimteam.com](mailto:office@westswimteam.com) as well as online at [www.westswimteam.com](http://www.westswimteam.com).

	30 Minute Lesson	1 Hour Lesson	10 Lesson Punch Card 30 Minute Lesson	10 Lessons Punch Card 1 Hour
# of Adults				
1 Swimmer	\$50.00	\$80.00	\$450.00 ( \$50 savings )	\$720.00 ( \$80 savings )
2 Swimmer	\$80.00	\$120.00 (\$60 per swimmer)	\$720.00 ( \$80 savings )	\$1,080.00 ( \$120 savings )
3 Swimmer	x	\$150.00 (\$50 per swimmer)	x	x
4 Swimmer	x	\$160.00 (\$40 per swimmer)	x	x

