

## 2018 Quest Swimming Lesson Program FAQs

Quest Swimming is a year-round competitive swim team. Our lesson program is designed to teach children through adults how to swim well with a strong fundamentals in technique. Our mission is to make people safer in the water, inspire a life-long love for the water and the sport of swimming, and prepare them for a spot on our team or summer league competition if desired.

For groups, a regular session is 8 lessons. Sometimes a session has more or fewer lessons than 8. They are priced accordingly.

All lessons are taught in the indoor pool at the Woodlake AFC. The address is: 14710 Village Square Place; Midlothian, VA 23112.

Group lessons: \$25/hour Semi-Private lessons: \$25/half hour/person Private lessons: \$35/half hour/person	Cost	# Participants per instructor	# lessons per regular session	details
<b>Group lessons:</b>				
Beginner Q1 - Parent/Child and Beginner Q1 thru Q4	\$100/session	min. of 3 max. of 4	8 x 30 minute lessons	Instructor in water
Intermediate	\$150/session	min. of 3 max. of 5	8 x 45 minute lessons	Instructor in water
Stroke School	\$200/session	min. of 3 max. of 6	8 x 60 minute lessons	Coach on deck and instructors in water. Underwater video analysis.
Adult Learn to Swim or Intermediate/Tri	\$200/session	min. of 6 max. of 12	8 x 60 minute lessons	Coach on deck and in water. Underwater video analysis.
<b>Private lessons</b>	\$35/half hour	1	no limit	There is currently a waitlist. Please contact Anastasia Carneal at 804-739-3454, x 4107.
<b>Semi-Private lessons</b>	\$25/half hour per person	2	no limit	There is currently a waitlist. Please contact Anastasia Carneal at 804-739-3454, x 4107. Quest Swimming does not choose pairs - you are responsible for this.
<b>NOTE: The set minimum # of participants must be met to receive group pricing.</b>	On occasion, the number of students in a class may exceed the posted maximum. These classes are taught by senior instructors or coaches only. The number of days in a session may vary so the price may vary. All group lessons are \$25/hour.			