



Swim Instruction

Private, Partner and Semi-Private

With Certified Swim Professional

Clarice Addison

at 858-715-8611

Email: clarice@fitxsandiego.com



American Red Cross Certified for over 20 years in:

- CPR/AED for the Professional Rescuer
- Water Safety Instructor
- Oxygen Administration for the Professional Rescuer
- Lifeguarding/First Aid

Lifeguard Training Instructor

- Title 22 (First Aid for Public Safety Personnel) Instructor

Education:

- Associates Degree of Theology, with emphasis on leadership
- Personal Trainer and Group Exercise Leader; Grossmont College

Professionally Certified With:

- Aquatic Exercise Association: Aquatic Fitness Instructor
- AAPAR: Adapted Aquatics Instructor
- YMCA: Swimming and Diving

Specializes in aquatics, and has been a swim coach for 4 years.

Fit-X San Diego

is a division of Island Fitness Express, Inc.

www.fitxsandiego.com

Swim Instruction Fee Schedule

Adult, Teens, Children and Toddler

2010 Services Fee Schedule

<u>Session Qty</u>	<u>Total</u>	<u>Each</u>
Adult Only		
<i>One Hour Personal Training and Swim Fitness Sessions</i>		
Single Session	\$ 55.00	\$55.00
Six Sessions	\$300.00	\$50.00
Twelve Sessions	\$540.00	\$45.00

Adult, Teens, Child and Toddler

Parents must be present with underage swimmers.

30 min. single session	\$ 30.00	\$30.00
Three 30 min. sessions	\$ 84.00	\$28.00
Six 30 min. sessions	\$150.00	\$25.00

Partner and Semi-Private Sessions

- May include one other person
- Add \$10.00 to each of the half hour session rates above.
- Add \$15.00 to each of the one hour session rates above.

Travel Fees

- Up to \$10.00 may be added to in-home training sessions for trainer travel expenses and time.

Only residents/employees and families may train at their pool facility. Private in-home swim instruction and water fitness programs are also available.

Contact your Fit-X San Diego

Swim Instructor

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