

TOLLEFSON SWIMMING

Programs

In-Water Instructed Classes

- Description: For swimmers who cannot swim full length independently. Classes are conducted in small groups (maximum 3 swimmers per class) with instructors in the water.
- Fee: \$590 for a 30-minute class, once a week for the full session
- Available class days/times:
 - Georgetown Prep: Friday 6 - 8 pm, Saturday 2 - 4:30 pm, Sunday 2 - 4:30 pm
 - St. Albans: Saturday 2 - 5 pm, Sunday 1 - 4 pm

Deck-Instructed Stroke Classes

- Description: For swimmers who can independently swim full-length freestyle and backstroke. Classes are run from the deck and capped at 8 swimmers per group.
- Fee: \$550 for a 30-minute class, once a week for the full session
- Available class days/times:
 - Georgetown Prep: Monday 7:30 – 8:30 pm, Tuesday 7:30 - 8 pm, Wednesday 7:30 - 8 pm, Thursday 7:30 - 8 pm, Friday 6 - 8 pm, Saturday 2 - 3:30 pm, Sunday 2 - 3:30 pm
 - St. Albans: Saturday 2 - 4 pm, Sunday 1 - 3 pm

Training/Endurance Classes – (Must be registered in a Stroke Class to participate)

- Description: For swimmers proficient in freestyle and backstroke who are developing breaststroke and butterfly. These 60-minute sessions focus on all four strokes, endurance, race preparation, and skill reinforcement. **Flexible scheduling** across both locations. Swimmers may attend on the same or different days as their stroke class.
- Fees:
 - Stroke class + 1 weekly endurance class: \$990
 - Stroke class + unlimited (up to 4 weekly) endurance classes: \$1,390
- Available class days/times:
 - Georgetown Prep: Tuesday & Thursday 8 - 9 pm, and Saturday & Sunday 3:30 - 4:30 pm
 - St. Albans: Saturday 4 - 5 pm, and Sunday 3 - 4 pm

Adult Stroke Class

- Description: Designed for adults who can swim a full length but are not yet ready for a full workout. Focuses on freestyle technique—kicking, body position, breathing, and balance—with optional instruction in other strokes.
- Fee: \$700 for a 60-minute class, once a week for the full session
- Available class days/times:
 - Georgetown Prep on Monday, 8 – 9 pm