

SWIM & FITNESS PROGRAMS

PRE MASTERS SWIM **NO CHARGE FOR MEMBERS**

Have you been out of the water for some time, or are you just ready for a total body workout without stress and strain on your joints? Perhaps you are interested in learning the pace clock, or proper techniques for the four swimming strokes. Or planning on completing a triathlon but lack the confidence in the water? Let your motivation move you to develop your confidence and technique in this fitness swim class.

MASTERS SWIM **NO CHARGE FOR MEMBERS**

Masters is a workout for experienced swimmers, guided by a coach on deck. Masters is available year round, with morning, mid-afternoon and evening workouts throughout the week. This workout is open to fitness swimmers as well as those who wish to compete in swim meets, triathlons, or open water events.

PLEASE CHECK THE GROUP EX SCHEDULE FOR CLASS TIMES.

SWIM CLINICS **GROUP TRAINING RATES APPLY - \$35**

These clinics are limited to 10 and are held regularly. Clinics have more of a focus on drills and technique. They are offered at the group exercise training rate. Great for beginners as well as advanced swimmers who wish to revisit proper technique. Contact the Service Desk to sign up for the next clinic.

For questions about our Swim Programs, please contact Catherine Davis at catherined@airportclub.com

LAP SWIM **NO CHARGE FOR MEMBERS**

Lap swim is available to members year round. Please follow proper lap swim etiquette when using the lap pool. The lap pool is closed to lap swimmers when PreMasters, Masters, Youth Swim and Clinic Programs are in session. Please refer to our Group Ex Schedule for those times.

WATER FITNESS **NO CHARGE FOR MEMBERS**

Water Fitness classes are available at the Airport Health Club year-round. We have top notch instructors that provide fun, motivating and safe classes. It is a great way to exercise and you don't even have to know how to swim.

For questions about Water Fitness, please contact Group Ex Director Lisa Fuller at lisaf@airportclub.com

CLUB INFORMATION

CLUB HOURS

Monday - Friday: 5:30am to 9:00pm

Saturday: 7:30am to 7:00pm

Sunday: 7:30am to 7:00pm

CONTACT THE CLUB

707.528.2582 | www.airportclub.com

FOLLOW US ON SOCIAL MEDIA

 @airport_club

 @airporthealthclub



ABOUT OUR POOLS

Our **LAP POOL** is a 6 lane, 25-yard pool. The pool temperature is kept at approximately 78.

Our **RECREATIONAL POOL**, home to our Water Fitness classes, is kept at a temperature of approximately 86.

AIRPORT HEALTH CLUB



SWIM PROGRAMS

SWIM LESSON INSTRUCTORS

AMELIA IRWIN has a long history in aquatics. Starting out swimming in high school at Montgomery in Santa Rosa and continuing competitive swimming with Mills College in Oakland, Amelia has taught swim lessons and lifeguarded for 17 years. As a third-grade teacher at a local elementary school, she has extensive knowledge and experience teaching and instructing young people. Amelia loves teaching not only the beginning swimmer but has a keen eye for developing technique and endurance in advanced swimmers. She is enthusiastically available to teach any age and ability.

Contact Amelia: 707.396.0841 | iamtrue88@gmail.com

ANN WESSMAN grew up in Ireland swimming competitively at the age of 10, became a lifeguard, did synchronized swimming and has taught adults and children to swim for a total of 8 years. Her first experience in learning how to swim was when her sister said she would teach her. She was so excited! She took Ann to the deep end, let her go in the middle of the pool, and said swim to the wall! She did it, and thanks her now, but was not happy at the time. Not a good first experience. Anne doesn't want anyone to have to experience that fear, so teaching safety first is always her goal.

Contact Ann: 707.775.9096 | annwessman538@gmail.com

DANO FOWLER was born in San Jose and spent summers in New Jersey where his dad was from. He has a love for the outdoors, rock climbing, and motorcycle riding during his free time. In the summer he works as a lifeguard and swim instructor. He has studied acting at the Tom Todoroff Conservatory NYC studio. Hes known for his roles in SF cowboy, Witch Haunt, & award winning Haiku.

Contact Dano: dfowler79@gmail.com

KATELYN HACKETT holds a bachelor's degree in kinesiology from Humboldt State University and holds Certified Exercise Physiologist from ACSM (American College of Sports Medicine) and is a Sport Conditioning Coach from USA Olympic Weightlifting. She has been a swimmer all her life and has been teaching competitive swimming since 2006. She has also finished a year of graduate study in exercise science working with people with variety of special needs, stroke, Parkinson's, cardiovascular disease, joint replacement, etc.

Contact Katelyn: 707.494.2795 | katelynh@airportclub.com

LISA FRAZEE has been swimming all her life. She swam competitively from the age of 4 through high school, switching to Synchronized Swimming in College. Lisa started teaching swimming to children while she was in high school and has taught all ages and levels of babies, toddlers, children, preteens and adults. Lisa uses her Early Childhood Education experience to teach Mommy and Me classes with infants and toddlers. Lisa has experience teaching children and adults with special needs, using her experience as a credentialed intervention teacher to help her meet her students at their levels, needs, and learning styles.

Contact Lisa: hafrazee@att.net

PRIVATE & SEMI-PRIVATE SWIM INSTRUCTION

We offer Private Swim Lessons year-round! Private lessons can be a very effective learning tool that will enable even the most novice of swimmers to feel more comfortable and stronger in the water. Let us help you to educate your swimmer on the importance of water safety while they enjoy splashing around the pool with one of our swim instructors.

TO BOOK SWIM LESSONS, PLEASE CONTACT THE INSTRUCTOR DIRECTLY. PAYMENTS CAN BE MADE AT THE SERVICE DESK.

PRIVATE SWIM LESSONS

MEMBERS

| | |
|------------------------|-------|
| 1 x 30 minute lesson | \$50 |
| 5 x 30 minute lessons | \$206 |
| 10 x 30 minute lessons | \$382 |

NON-MEMBER CHILDREN*

| | |
|------------------------|-------|
| 1 x 30 minute lesson | \$65 |
| 5 x 30 minute lessons | \$281 |
| 10 x 30 minute lessons | \$532 |

SEMI-PRIVATE SWIM LESSONS

MEMBERS

| | |
|------------------------|-------|
| 5 x 30 minute lessons | \$151 |
| 10 x 30 minute lessons | \$272 |

NON-MEMBER CHILDREN*

| | |
|------------------------|-------|
| 5 x 30 minute lessons | \$226 |
| 10 x 30 minute lessons | \$422 |

PRIVATE SWIM COACHING

MEMBERS

| | |
|------------------------|-------|
| 1 x 30 minute lesson | \$58 |
| 5 x 30 minute lessons | \$278 |
| 10 x 30 minute lessons | \$527 |

NON-MEMBERS

| | |
|------------------------|-------|
| 1 x 30 minute lesson | \$83 |
| 5 x 30 minute lessons | \$403 |
| 10 x 30 minute lessons | \$777 |

*Swim lessons are only available to non-member children and grandchildren of members.

KIDS SWIM FITNESS

In this program, youth from 5-18 years will have the opportunity to learn new strokes, work out with a group of peers and achieve their personal goals, all in a stress-free environment. Come and be a part of this fun, energizing class and experience all of the positive attributes swimming has to offer. Non-members welcome!

KIDS SWIM SCHEDULE

WITH COACH KATELYN HACKETT.

Program runs Spring through Fall

Mondays: 5:45 - 6:30pm

Fridays: 4:15 - 5:00pm

Participants can choose to sign up for a single day per week, or join both days. Pre-registration is required. No Drop-ins.

Please contact Katelyn for more information or to register:
707.494.2795 | katelynh@airportclub.com

PRIVATE SWIM COACHING

We offer private swim coaching for children, teens and adults who wish to advance to joining our masters program or competitive age group swimming. The Airport Health Club's team is called Wine Country Masters Swimming, and we are a registered USMS Swim Team. We compete locally and in open water events, but mostly just have a lot of fun.

Swimming is also a moving meditation which offers many health benefits beyond competitive swimming. Even if you are interested in swimming purely for enjoyment or to cross train with your other activities, it is important to learn how to swim correctly. So come out and explore the underwater world with us.

CATHERINE DAVIS is a certified USA swim coach and nationally ranked masters swimmer. She is a masters and premasters coach at the Airport Club. She also teaches the monthly Saturday swim clinic for beginning swimmers, or those who wish to improve their stroke technique. She coached Windsor High School from 2006 to 2014, the team achieved 7 championship titles during that time. She was the Press vDemocrat's swim coach of the year in 2012.

AVAILABLE TO BOOK FOR PRIVATE COACHING.

Contact Catherine: 707.291.5148 | catherined@airportclub.com