

Swim Lessons
AUTUMN SESSION!

PRICES AND REGISTRATION

4 WEEK GROUP LESSON

\$100 | MEMBERS

\$125 | GUESTS

JR. LIFEGUARD

\$150 | MEMBERS

\$175 | GUESTS

MERMAID SCHOOL

\$150 | MEMBERS

\$175 | GUESTS

**PRIVATE LESSONS
AVAILABLE**

TO REGISTER PLEASE CONTACT

**CONCIERGE AT
(330)-856-1900**

Brandon Cowie
Assistant Director | Aquatics, Fitness and Recreation
bcowie@avalonlakes.com | (724) 988-8662



AVALON

AVALON SWIM ACADEMY

STARTING OCTOBER 20TH

4 Week Session

MOMMY AND ME

Ages New Born - 2

This class is the perfect way to introduce your infants to water!

We use nursery rhymes with simple and playful movements to teach kicking, scooping and safety! A parent is required to be in the water with their kiddo!

TUESDAYS | 4:30-5PM | OLIVIA MEYERS

KINDERFISH

Kinderfish is for ages 2-4. This is a flotation assisted class that focuses on basic strokes, safety and games.

MONDAYS | 4:30-5PM | RICH THOMAS

WEDNESDAYS | 4:30-5PM | JACK LEIPHEIMER

LEVEL 1 - SHRIMP

Shrimp is our beginner level class for all ages. This class will teach basic swim skills, strokes and safety.

MONDAYS | 5:15-6PM | RICH THOMAS

TUESDAYS | 5:15-6PM | OLIVIA MEYERS

WEDNESDAYS | 5:15-6PM | JACK LEIPHEIMER

LEVEL 2 - OTTERS

Otters is our intermediate level class. At this level we will be exploring dives, adding 2 strokes and treading.

MONDAYS | 6:15-7PM | RICH THOMAS

TUESDAYS | 6:15-7PM | OLIVIA MEYERS

WEDNESDAYS | 6:15-7PM | JACK LEIPHEIMER

JUNIOR LIFEGUARDING

Ages 10 - 15

Jr. Lifeguarding teaches the skills and knowledge needed to become lifeguards. Our program works off of a 5 level progression system. Each star level provides the skills needed to learn advanced rescues, first aid, CPR/AED and survival.

MONDAYS | 5-6PM | BRANDON COWIE

THURSDAYS | 5-6PM | RILEY BEGEOT

MERMAID SCHOOL

Ages 8 and up

Mermaid school teaches individuals to perform choreographed routines in the water, combining swimming, dance, and gymnastics. These lessons focus on developing synchronized movements, breathing control, flexibility, and artistry, all while being timed to music.

THURSDAYS | 6-7PM | RILEY BEGEOT



MEET YOUR INSTRUCTORS



KATIE JENNINGS 19

STARGUARD LIFEGUARD | SWIM INSTRUCTOR

Sharon Highschool swim instructor alumni, Katie has been lifeguarding for 4 years. She fosters confidence in young swimmers to bring out their best!



OLIVIA MEYERS 17

STARGUARD LIFEGUARD | SWIM INSTRUCTOR

Olivia focuses on water confidence and safety with engaging lessons and fun! She comes with 11 years of swim team experience from right here at Avalon!



HAILEY BONNER

STARGUARD LIFEGUARD | SWIM INSTRUCTOR

Hailey combines responsibility with fun. Her interactive approach incorporates games and activities to keep students excited while navigating the water.



BRANDON COWIE 35

STARGUARD ELITE LG12 | LEAD SWIM INSTRUCTOR

Specializing in overcoming a fear of water while incorporating games into lessons, Brandon has been teaching swim lessons and water safety for 20 years.



RILEY BEGEOT 16

STARGUARD LIFEGUARD | SWIM INSTRUCTOR | SYNCHRO

As the first graduate of the Level 5 Jr. Lifeguard program, Riley led the course in subsequent years. Specializing in first aid and endurance, Riley ensures classes are safe and disciplined.



MR. RICH THOMAS 71

STARGUARD LGI | SWIM INSTRUCTOR | WSI

Mr. Rich has 40+ years of swim lesson instruction, deep water rescue and LGI experience. He focuses on safety and technique with each kiddo!