



Swim Lessons
SUMMER 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
\$40/LESSON | 30 MINUTES EACH

PAYMENT DUE AT REGISTRATION

TO REGISTER CONTACT CONCIERGE
(330)-856-1900

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



AVALON

AVALON SWIM ACADEMY

All make up classes for any reason will be made up the week after the session ends.

SESSION 1 START: WEEK OF JUNE 15TH
SESSION 2 START : WEEK OF JULY 20TH

Sessions are 4 weeks long.

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

TUESDAYS | 5:15-6PM | OLIVIA MEYERS

WEDNESDAYS | 4:30-5PM | MADI REARDON

*shallow end

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 | 6:15-7PM | OLIVIA MEYERS

WEDNESDAYS | 5:15-6PM | MADI REARDON

*shallow end

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 | 7:15-8PM | OLIVIA MEYERS

WEDNESDAYS | 6:15-7PM | MADI REARDON

*deep end and diving board

NEW

JUNIOR LIFEGUARDING BOOT CAMP

Ages 8 - 15

Jr. Lifeguarding boot camp will teach your kiddos everything they need to know about being an actual lifeguard! They will learn saves, first-aid, rescue breathing and spend one on one time with a lifeguard "big sibling".

MONDAYS | 2-3PM | BRANDON COWIE

*deep end and lifeguard posts

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**

*deep end



MEET YOUR INSTRUCTORS



BRANDON COWIE 36

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.



MR. RICH THOMAS 71

STARGUARD L61 | SWIM INSTRUCTOR | WSI

Mr. Rich has 40+ years of swim lesson instruction, deep water rescue and L61 experience. He focuses on safety and technique with each kiddo!



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!



RILEY BEGEOT 17

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.



HAILEY BONNER 20

STARGUARD LIFEGUARD | SWIM INSTRUCTOR

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