

Swim Lessons
CHRISTMAS 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
GIFT CARDS
FOR SWIM LESSONS
MAKE EXCELLENT
CHRISTMAS GIFTS!**



AVALON SWIM ACADEMY

STARTING THE WEEK OF DECEMBER 1ST

4 Week Session

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

*Due to the holidays, Thursday class dates will be 12/4, 12/11, 12/18 & 1/9

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

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

*THURSDAYS | 5:15-6PM | HAILEY BONNER

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

*THURSDAYS | 6:15-7PM | HAILEY BONNER

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 20

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!

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.

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.

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!