



Summertime Seals: Swim Lessons

Aquatic Director: Alison Guesno

Water Safety Instructor

585-704-8060

Alison has been involved in swimming her whole life, giving swimming lessons both group and private lessons for over 20 years. She is a Physical Education Teacher and is a certified water safety instructor for the American Red Cross. She has also been a State Lifeguard for NYS and enjoys recreational swimming and all sports in her down time. Alison is certified in CPR/AED, training and professional first aid.

Swimming Lessons

- Level I: Intro to water skills (ages 3-4).
 - 11:30a.m. to 12:00p.m.
- Level II/III: Fundamental Aquatic Skills/Stroke Development.
 - 10:45-11:30a.m.
- Level IV/V: Stroke Improvement/Stroke Refinement.
 - 10:00 to 10:45a.m.

*All group lessons will consist of no more than 5 individuals

**Any make-up lessons will be made upon arrangement with the instructor.

Session 1: June 28- July 9. **Session 2:** July 12- July 23. **Session 3:** July 26- Aug. 6

Cost: \$90 session (member)

\$120 session (non-member)

Private Lessons

Ages: Private lessons can be given to anyone, ranging from infants (accompanied by parent) to adult.

Dates/Times: Monday, Wednesday, or Friday either 9:30-10:00a.m. or 12:00-12:30p.m.

**All private lessons will consist of 1:1 instruction for 30 min. and must be scheduled in advance with an instructor.

Cost: \$30/ half hour (member)

\$40/half hour (non-member)