

APEX SWIM CLUB

Private • Semi-Private • Small Group Lessons

Lesson Overview

Apex Swim Club lessons are designed for swimmers of all ages and ability levels. Our program emphasizes water safety, confidence, and strong fundamentals while supporting steady progression in a positive, structured environment.

Families can choose the lesson format and coaching level that best fits their swimmer's needs and goals. Coaching levels reflect instructor credentials, not swimmer ability.

Private Lessons (1 Swimmer)

One-on-one instruction with a dedicated coach allows lessons to be fully personalized. Coaches adjust pacing in real time to support comfort, confidence, and skill development.

- Individualized attention and feedback
- Customized lesson plans
- Great for beginners or accelerated progress
- Focus on safety, technique, and endurance

Semi-Private Lessons (MAX 2 Swimmers)

Semi-private lessons pair two swimmers of similar age and ability. This format encourages motivation while maintaining strong individual support.

- Two swimmers per lesson
- Balanced instruction for both swimmers
- Great for siblings or friends
- Pricing listed per swimmer

Small Group Classes (3-4 Swimmers)

Small group classes follow a structured curriculum while adapting instruction to support each swimmer's progress in a fun, social environment.

- Three to four swimmers of similar ability
- Structured skill progression
- Builds teamwork and confidence
- Pricing listed per swimmer

Coaching Levels (Not Skill Levels)

Base Level – Trained Swim Instructor Elite Level – USA Junior-Level Swim Coach Pro Level – USA-Certified Swim Coach

All levels are available to swimmers of any ability.

All programs include a Medal of Completion and admission into the Developmental Team Academy Program. Pricing is per swimmer. Semi-Private lessons are limited to a maximum of two swimmers. Small Group classes are limited to three to four swimmers of similar age and ability.