

APEX Swim Club – Frequently Asked Questions

Q: What ages do you offer swim lessons for?

A: We offer lessons for swimmers of a wide range of ages. Placement is based on comfort, readiness, and ability rather than age alone.

Q: Do coaching levels mean my swimmer must be advanced?

A: No. Coaching levels reflect the coach's credentials and experience, not the swimmer's skill level. All coaching levels are available to swimmers of any ability.

Q: What is the difference between Private, Semi-Private, and Small Group lessons?

A: Private lessons are one-on-one instruction. Semi-Private lessons include two swimmers of similar age and ability. Small Group classes include three to four swimmers of similar age and ability.

Q: Is pricing listed per swimmer?

A: Yes. All pricing listed is per swimmer. Semi-Private and Small Group pricing is charged per swimmer.

Q: Can siblings or friends swim together?

A: Yes. Siblings or friends may swim together when age and ability levels are compatible, particularly in Semi-Private or Small Group lessons.

Q: What if my swimmer needs extra help or support?

A: Our coaches adjust pacing and instruction to support each swimmer. If additional support is needed, staff may recommend a different lesson format.

Q: Do lessons lead into your Developmental Academy or Swim Team programs?

A: Yes. Our lesson programs are designed to prepare swimmers for continued development through our Developmental Academy and competitive swim programs.

Q: What is included with every program?

A: All programs include structured instruction, progress tracking, a Medal of Completion, and eligibility for admission into the Developmental Team Academy Program.

Q: Are evaluations required?

A: Evaluations are recommended and available by appointment to ensure proper placement and goal alignment.