

## Swimmer Testimonials

“I started swimming with Selena because I needed some coaching for the swim leg of my first Triathlon. I was a rudimentary swimmer, but could not swim freestyle with my face in the water. Since then I have participated in semi-private lessons. Selena tailors her coaching to each swimmer, and provides excellent feed back regarding each individuals strengths and weaknesses. She provides a safe but challenging experience. I have come a very long way with her guidance and feel much more confident in the water.”

“I would recommend Selena to beginner and experienced swimmers. Especially those who could benefit from a patient, experienced coach who can explain stroke improvement in a way that everyone understands and can implement. She is one of the best coaches I have ever worked with!”

“After years of lessons at other swim facilities, with little to no progress, I decided to put my 5 year old daughter in private swim lessons at Kennedy. Since she has begun she is a completely transformed “little” swimmer. Selena is excellent with children and has the ability to explain swim technique in a kid friendly way. I look forward to watching my daughter’s progress and wish we would have started her lessons here from day one.”



**Selena McCalip**  
**Aquatics Director**

- Over 15 years of swim experience
- American Red Cross CPR& AED Certified
- BS in Kinesiology with emphasis in PT
- ISSA Certified Fitness Trainer
- Post Rehab Training

For more information  
please contact  
Selena McCalip  
(619) 405-7893  
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## Aquatic Programs

**Kennedy Club Fitness**



**1299 James Way**  
**Arroyo Grande, Ca 93420**  
**(805) 481-2888**  
**kennedyclubs.com**

## Class Descriptions

### **Private Swim Lessons**

A one-on-one swim setting, with specialized instruction for each individual swimmer. Lessons are available for all levels.

### **Semi-Private Lessons**

Experienced Coaching staff will work with up to 4 swimmers of the same abilities and same schedule to help master their stroke and help reach their individual goals. Lessons are available for all levels but must be of similar abilities to join a semi private lesson.

### **Swim Clinic**

Our excellent coaching staff will focus on a variety of drills and swimming techniques to help achieve each individuals specific goals. Must be able to swim a continuous 100 yards.

### **Aquatic Rehabilitation**

Our qualified post rehabilitation experts will use the properties of water to assist in patient healing and exercise performance.

**\*for additional information please contact Selena McCalip\*\***

## Rates & Times

### **Private Swim Lessons**

Adults & Children : 30 minutes

#### Member/Non-Member

1 Session.....\$32/\$38

5 Sessions.....\$150/\$175

10 Sessions.....\$270/\$300

**\*\*Flexible availability\*\***

### **Semi-Private Lessons**

Adults & Children : 30 minutes

#### Member/Non-Member

1 Session. ....\$24/\$28

5 Sessions.....\$115/\$135

10 Sessions.....\$210/\$235

**\*\*Flexible availability\*\***

### **Swim Clinic**

Adults 1 hour

Contact the Aquatic Department

for days & times **\*\*Sign up required\*\***

#### Member/Non-Member

5 Sessions.....\$60

Month Pass (8 sessions).....\$60

### **Aquatic Rehabilitation**

Please refer to the pricing of Private and Semi Private above.

## Additional Aquatic Options

### **Pool Party Rentals**

The pool area is available for pool rentals for birthdays and other special occasions. Please contact us for more information.

