



TBAC Swim Lessons

Tampa Bay Aquatic Club Stroke School is committed to teaching athletes of all ages competitive swimming skills. Our stroke school is designed to prepare athletes to join the competitive club team in the near future. We do not specialize in survival, learn-to-swim lessons, but are happy to recommend other great programs in the area.

Private Lessons are offered throughout the year, (March to October), on a **first come first serve basis and based on Instructor availability**. Space is very limited during the school year. Semi-private lessons are available upon special request, but you must provide both swimmers for the lesson. **Must sign up for a minimum of 6 sessions.**

Swimmers should wear an athletic swimsuit (no bikinis please), and bring goggles, a water bottle, and a towel for each lesson.

Lesson Cancellations need to have 24-hour notice or you will be charged for the lesson. We are **NOT** able to offer a make-up if a lesson is missed for personal reasons.

Please contact Head Coach Christin Rockway to register for private lessons: tbac.rockway@gmail.com

Private Lessons \$30 per session (minimum of 6 sessions)	Semi-Private Lessons \$27.50 per swimmer	Make ALL checks payable to: TBAC
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