

Ochsner Fitness Center Swim School

SWIMMING LESSONS



Weekday Children's Beginner/ Advanced Lessons

Monday/Wednesday Schedule: classes offered at 4:15pm, 5:15pm, and 6:15pm

- *September - 11, 13, 18, 20, 25, 27
- October - 2, 4, 9, 11, 16, 18, 23, 25
- *November - Oct. 30, 1, 6, 8, 13, 15
- *December - 4, 6, 11, 13, 18, 20

Tuesday/Thursday Schedule: classes offered at 4:15pm, 5:15pm, and 6:15pm

- *September - 12, 14, 19, 21, 26, 28
- October - 3, 5, 10, 12, 17, 19, 24, 26
- *November - Oct. 31, 2, 7, 9, 14, 16
- *December - 5, 7, 12, 14, 19, 21

\$140/mo. for members | \$170/mo. for non-members
Pro-Rated month is for (6) 45-minute lessons
\$105/mo. for members | \$127.50/mo. for non-members

Saturday Children's Beginner/ Advanced/Competitive Lessons

Classes offered at 10am, 11am, and 12pm

- September - 9, 16, 23, 30
- October - 7, 14, 21, 28
- *November - 4, 11, 18
- *December - 2, 9, 16

\$70/mo. for members | \$85/mo. for non-members
Pro-Rated month is for (3) 45-minute lessons
\$52.50/mo. for members | \$63.75/mo. for non-members

**Indicates pro-rated month*

Saturday Toddler Swim Lessons

Classes offered at 9am

- September - 9, 16, 23, 30
 - October - 7, 14, 21, 28
 - *November - 4, 11, 18
 - *December - 2, 9, 16
- \$60/mo. for members | \$70/mo. for non-members
Pro-Rated month is for (3) 30-minute lessons
\$45/mo. for members | \$52.50/mo. for non-members

Water Babies

Saturday Lessons: classes offered at 9am

- September - 9, 16, 23, 30
- October - 7, 14, 21, 28
- *November - 4, 11, 18
- *December - 2, 9, 16

Sunday Lessons: classes offered at 4pm

- September - 3, 10, 17, 24
- October - 8, 15, 22, 29
- *November - 5, 12, 19
- *December - 3, 10, 17

\$45/mo. for members | \$55/mo. for non-members
Pro-Rated month is for (3) 30-minute lessons
\$33.75/mo. for members | \$41.25/mo. for non-members



Classes for ALL ages and abilities! For more information, contact 504.736.4762.



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