

Registration begins Monday, Mar. 14, 2016

No Class: May 30th (Memorial Day)

Who is "Dartfish" Video Feedback Lessons Recommended For?

- Swim team preparation
- Visual learners
- Improving technique and speed
- Triathletes

Skills "Dartfish" Video Lessons Can Improve:

- Starts
- Turns
- Finishes
- Stroke technique

What You Get?

- 30-min. private lesson with instant video feedback.
- Large flat-screen on pool deck allowing swimmers to review drills with instructor without leaving the water.
- Access to entire swim lane, so you train with the same resistance you'll compete in - unlike "endless" pools where you swim against an artificial current.
- Online access to video report for review and practice outside of our lesson.



The DARTFISH Technology:

- Two cameras capture a variety of angles (incl. underwater) which are adjustable depending on lesson objectives.

- Playback of video can be compared side-by-side with footage of world-class athletes to aid in refining student's technique.
- Before and after videos can be compared side-by-side to illustrate student's progress.

Available Days/Times

Monday-Friday	7:00 AM – 9:00 PM
Saturday	7:00 AM – 4:00 PM
Sunday	Noon – 3:00 PM

Pool Specifications

- Competition-length, 25-yard lap pool
- 5 lanes
- Standard competition starting blocks
- Heated to 84°

Pricing

- 1-4 lessons \$50/lesson
- 5-9 lessons \$49/lesson
- 10+ lessons \$48/lesson

Registration Procedure

1. Fill out Video Analysis Lesson Request form (available online and at the front desk).
2. Our Private Lesson Coordinator will contact you as soon as possible to set up a day/time for your lessons.
3. Lesson date/time preferences will be assigned on a first come, first served basis.

4. Slots will only be held for scheduled lessons, so you will need to work with your instructor to determine the student's best use of video lessons (i.e. weekly, monthly, or periodically) and book those times to reserve your spot.
5. Time slots not booked will not be held or reserved for any reason.

Cancellation/Reschedule Policy

- Lessons can be cancelled and rescheduled at no charge with 24-hours advance notice.
- Cancellations day-of must be received no later than 9 AM to receive ½ credit for the cancelled lesson.
- You must call the front desk at (630) 692-1500 x101 to cancel a scheduled lesson.
- If the front desk is busy, you MUST leave a voicemail to document your cancellation.
- If your preferred reschedule time is taken, you may be placed on a waitlist for that time slot, which are filled on a first come, first served basis.

