

CONTACT US:

Phone: (618) 985-2828 Ext. 8502 or 8328

Email: loganfitness@jalc.edu

Website: www.jalc.edu/loganfitness

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LOGAN FITNESS HOURS

FITNESS CENTER HOURS

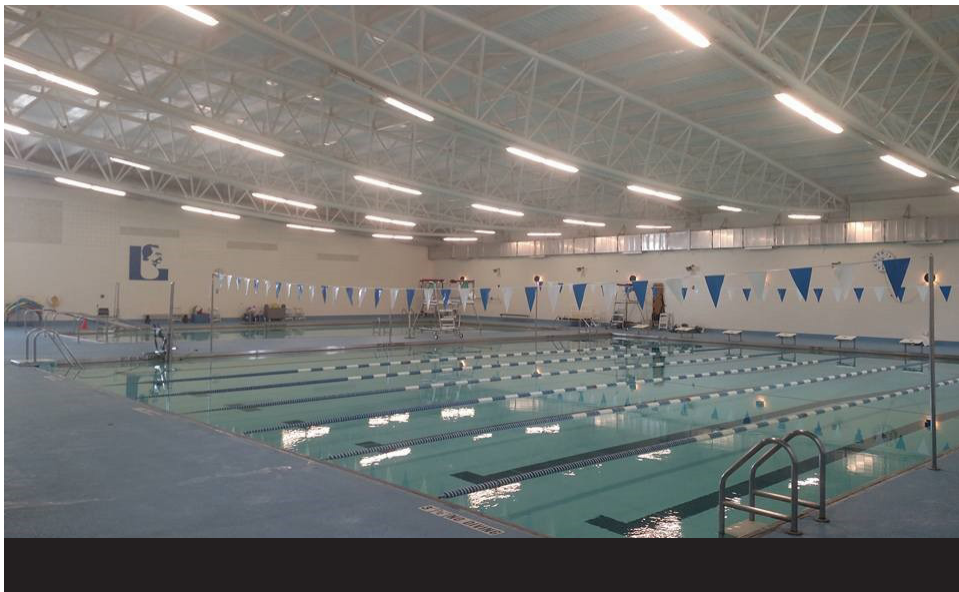
Monday – Friday	5:30am – 8:30pm
Saturday	5:30am – 6pm
Sunday	12pm – 6pm

AQUATIC CENTER HOURS

Monday – Friday	5:30am – 9am
	11am – 1pm
	3pm – 5pm (Tues/Thurs only)
Saturday	6:30pm – 8:30pm
	5:30am – 10am



SWIM LESSONS



SWIM LESSONS - GENERAL INFORMATION

Logan Fitness offers several private swim lesson options. Our instructors assist students in reaching their desired swimming goals by providing structured programming, knowledgeable instruction, and positive encouragement. Private swim lessons are available for anyone age 3 and older. Sessions last 30 minutes long for anyone ages 3-5 and last 40 minutes long for anyone ages 6 and up. Lessons may be purchased in packages of 1, 4, or 8 sessions. Semiprivate lessons are also available, where two students may receive lessons together at the same time. This is popular with siblings or friends of similar skill levels.

Private Swim Lesson Options:

- 1 session - \$45
- 4 sessions - \$140
- 8 sessions - \$240

Semiprivate Swim Lesson Options (one total payment):

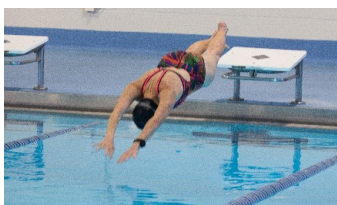
- 1 session - \$50
- 4 sessions - \$180
- 8 sessions - \$320

Group Swim Lessons

Logan Fitness also offers multiple group swim lessons options. These include Parent & Tot – Babies, Parent & Tot – Toddlers, Beginner Swim Level 1, Beginner Swim level 2, Intermediate Swim Level 3, Competitive Youth, and Advanced Swimming. For more information on these courses, please visit www.jalc.edu/loganfitness or call (618) 985-2828 Ext. 8502.

Aquatic Personal Training

For individuals interested in personal training who need low-impact exercises, aquatic personal training may be a great option. Aquatic personal training options are included in the Logan Fitness personal training packages. For more information, please view the personal training brochure at www.jalc.edu/loganfitness or call (618) 985-2828, Ext. 8502.



What Swim Level do I Need?

Answer each question to the best of your ability using "YES" or "NO". For the first question that you answer "NO", that will be the appropriate swim level. This will help the instructor prepare for the lesson. It will also help the swimmer/guardian to determine which group class would be most appropriate should they pursue further swimming instruction.

Level 1 Beginner or Adult Beginner Swimming:

- | | | |
|---|---|---|
| 1. Comfortable in the water? | Y | N |
| 2. Can put his/her face in the water? | Y | N |
| 3. Can blow bubbles through mouth and nose? | Y | N |

Level 2 Beginner or Adult Beginner Swimming:

- | | | |
|---|---|---|
| 1. Can put his/her entire body (including head) in the water? | Y | N |
| 2. Can attempt to float on belly? | Y | N |
| 3. Can open their eyes under water? | Y | N |
| 4. Can jump into water by themselves? | Y | N |
| 5. Can use the ladder/side to exit by themselves? | Y | N |

Level 3 Intermediate:

- | | | |
|--|---|---|
| 1. Can use both arms and legs simultaneously while swimming? | Y | N |
| 2. Can perform freestyle swim motion with arms? | Y | N |
| 3. Can perform backstroke? | Y | N |
| 4. Can tread water for at least 30 seconds? | Y | N |
| 5. Can swim the length of the pool down and back without stopping? | Y | N |

Competitive Youth or Advanced Swimming

- | | | |
|---|---|---|
| 1. Can swim freestyle with proper rhythmic breathing? | Y | N |
| 2. Can streamline under the water? | Y | N |
| 3. Can perform surface, kneeling, and deep angle dives? | Y | N |
| 4. Can complete a flip turn in the water? | Y | N |

How to Get Started

To get started with private swim lessons at Logan Fitness, please fill out a private swim lesson packet and submit it to Logan Fitness staff at the check-in desk or membership services office. This packet provides information about current skill level, your goals, and your preferred availability. The packet may be picked up in-person at Logan Fitness or accessed online at www.jalc.edu/loganfitness. Payment is required upon registration. For questions, call (618) 985-2828 Ext. 8502 or e-mail us at loganfitness@jalc.edu.