



Clay County Health & Wellness Center

2025 Swimming Lessons For Kids

Register Now

256-354-1260

Contact Abbie for booking



For the *2025* season, we will offer PRIVATE or SEMI PRIVATE lessons with professional swim coach, Robin Heller.

Swim Lesson Pricing

Private Sessions 1 swimmer per instructor	\$125 for 4 half-hour lessons
Semi-Private Sessions 2 swimmers sharing the lessons with 1 instructor	\$125 for 4 half-hour lessons you provide the 2 swimmers

Dates and Times Availability

May 27th – 30th 8 half-hour time slots available between 9 am – 1 pm	June 16th – 19th 8 half-hour time slots available between 9 am – 1 pm
June 2nd – 5th 8 half-hour time slots available between 2pm – 6pm	June 23rd – 26th 8 half-hour time slots available between 2pm – 6pm
June 9th – 12th 8 half-hour time slots available between 2pm – 6pm	July 7th – 10th Time slots TBA

Please read the Swim Lesson Policies and Procedures for scheduling lessons

2025 Swimming Lessons Information at CCHWC



Policies and Procedures



Clay County Health and Wellness Center is offering swimming lessons to help children benefit from water safety. **All ages and abilities are welcome.**

Scheduling Lessons

- Our lessons this year will be scheduled and priced by the **session**. Each **session** includes 4 half-hour lessons for the week of your choosing, and each weekly **session** will be **\$125**. Sessions are for the week and will not be split across different weeks.
- The prices are the same for both Private lessons (one client per instructor) and Semi-Private lessons (two clients per instructor). You are paying for the time in the water, not per swimmer. We will not offer small group instruction this year.
- Payment must be made in full upon booking to hold your session slot. Payment must be made in-house at the Wellness Center.
- **Semi-Private** lessons are set up for those coming to us with two students- for example, siblings, cousins, friends that would like to share a session together. We will not pair students together for Semi-Private sessions. Students sharing Semi-Private lessons should be close in age and swim skill level.
- **Private lessons are the best and recommended fit for special needs students.**
- We schedule lessons Mondays through Thursdays (with the exception of May 27th-30th) and will leave Fridays open for any makeup lessons we may need to do in case of bad weather or pool maintenance.
- We understand that there may be a need for you to **cancel** a lesson at some time. We ask that you give us at least **two hours notice** before the lesson is to begin. If a cancellation is made after the two-hour deadline, we will not be able to reschedule the missed lesson and will not offer a refund for that day's lesson.

Meet the Instructor

Robin Heller is a professional swimming coach with a degree in Psychology from Florida State University and has taught swimming lessons for 31 years. She has been apart of the swimming community since 1985.

Coach Robin spent 3 years coaching with Greater Pensacola Aquatic Club where she headed the Summer League Swim Team and coached 12 and under age groups. She coached with Area Tallahassee Aquatic Club for 4 years, where she coached all age groups including the High School Developmental Program and Pre-Senior Group. She also coached the Leon High School Swim Team and their State Winning Breaststroker. She is

a life member of The American Swim Coaches Association and is a certified level 3 Age Group Coach and Level 1-5 Disability Coach. She is also certified in teaching age group developmental sports psychology and Dryland Training through ASCA. Coach Robin was honored to be in the USA Swimming Fellows Class in 2007. She coached SEASTARS Special Needs Groups and was the Head Coach and Co-Founder of SEASTARS Aquatics. She also served for 20 years on the Southeastern Swimming Board of Directors and held the Adaptive Chair. In 2019 she was awarded USA Swimming National Service in Disability Award. In 2024 she was awarded ARC Gateway Pearl Nelson Advocacy Award and had a Paralympic Triathlete place 7th in Paris.

