

Instructors

Karen Chequer-Pfeiffer Masters Swim coach and Youth Swim Team instructor, is currently available throughout the year for individual and group swim lessons. Karen has been coaching at the Airport Club for over 20 years, and is an ex professional triathlete still competing now, locally and internationally in her new 55-59 age group.

Please contact Karen at (707) 239-1711 or swimpfeif@aol.com

Lisa Frazee is a long term swim instructor at the Airport Club. As a professional educator, in the classroom or pool, her goal wherever she teaches is to provide instruction based on an individual's learning style and needs. Lisa has been teaching and coaching swim for all ages. Lisa has found that children best learn new skills when approached through a mixture of instructive and fun styles, while adults tend to prefer an analytical, informative method. She endeavors to individualize each student's learning experience so her pupils learn to enjoy their newfound skills in the water.

Please contact Lisa at (707) 546-4878 or hafrazee@att.net

Ann Wessman grew up in Ireland swimming competitively at the age of 10, became a life guard, did synchronized swimming and has taught adults and children to swim for a total of 8 years. Her first experience in learning how to swim was when her sister said she would teach her. She was so excited! She took Ann to the deep end, let her go in the middle of the pool, and said swim to the wall! She did it, and thanks her now, but was not happy at the time. Not a good first experience. Anne doesn't want anyone to have to experience that fear, so teaching safety first is always her goal.

Please contact Ann at (707) 775-9096 or annwessman538@gmail.com

Katelyn Hackett holds a bachelor's degree in kinesiology from Humboldt State University and holds Certified Exercise Physiologist from ACSM (American College of Sports Medicine) and is a Sport Conditioning Coach from USA Olympic Weight lifting. She has been a swimmer all of her life and has been teaching competitive swimming since 2006. She has also finished a year of graduate study in exercise science working with people with variety of special needs; stroke, Parkinson's, cardiovascular disease, joint replacement, etc. She enjoys triathlons, judo and being out with her dogs. She feels it's never too late to start a change, and is willing to help make those changes.

Please contact Katelyn at (707) 494-2795 or katelynh@airportclub.com

Shannon Lawee grew up in Pacifica, CA, swimming competitively at the age of 6. Her favorite swimming memory growing up, was being on the high school relay team that broke her school's 200 Freestyle Relay record. She moved to Sonoma County in 2011, received her Bachelors in Psychology from the University of San Francisco and is currently working to get her Masters in School Counseling. She teaches swim lessons purely because she loves it; she enjoys helping children and adults master their goals and find a new appreciation for the water, using an array of teaching styles to adapt to her student's needs. She will be teaching year-round at the Airport Health Club, and has 10 year's experience teaching infants, children, adults and seniors.

Please contact Shannon at (650) 219-4843 or shannonlawee7@gmail.com

Youth Swim Team

In this program, youths from age 5-18 will have the opportunity to learn new strokes, work out with a group of peers and achieve personal goals, all in a stress free environment. Come and be a part of this fun, energizing class and experience all of the positive attributes swimming has to offer.

Non-members are welcome!

**Tuesdays & Thursdays
4:30-5:30pm**

\$15/drop-in fee members

\$21/drop-in fee non-members

For more information, please contact Karen at (707) 239-1711
or swimpfeif@aol.com



Aquatics



Airport Health Club

Revised On: 02/04/2019

Weekly Aquatics Schedule

Monday

7:00 - 8:00	Pre-Masters Swim (Lap)	Karen
8:00 - 9:00	Water Fitness (Rec)	Walter
9:00 - 10:00	Water Fitness (Rec)	Walter
11:00 - 12:00	Masters Swim (Lap)	Collin
5:30 - 6:30	Water Fitness (Rec)	Jeanne

Tuesday

8:00 - 9:00	Water Fitness (Rec)	Honorah
9:00 - 10:00	Water Fitness (Rec)	Joel
4:30 - 5:30	Youth Swim Team* (Lap)	Karen
5:30 - 6:30	Water Fitness (Rec)	Walter
5:45 - 7:00	Masters Swim (Lap)	Collin

Wednesday

7:00 - 8:00	Pre-Masters Swim (Lap)	Ann
8:00 - 9:00	Water Fitness (Rec)	Judy
9:00 - 10:00	Water Fitness (Rec)	Judy
11:00 - 12:00	Masters Swim (Lap)	Karen
5:30 - 6:30	Water Fitness (Rec)	Miriam

Thursday

8:00 - 9:00	Water Fitness (Rec)	Honorah
9:00 - 10:00	Water Fitness (Rec)	Joel
4:30 - 5:30	Youth Swim Team* (Lap)	Karen
5:30 - 6:30	Water Fitness (Rec)	Jeanne
5:45 - 7:00	Masters Swim (Lap)	Karen

Friday

7:00-8:00	Pre-Masters Swim (Lap)	Katelyn
8:00-9:00	Water Fitness (Rec)	Judy
9:00-10:00	Water Fitness (Rec)	Judy
11:00-12:00	Masters Swim (Lap)	Karen

Saturday

7:30-8:30	Water Fitness (Rec)	Tami
8:30-9:30	Water Fitness (Rec)	Tami

* denotes fee based program

	Mon	Tue	Wed	Thur	Fri	Sat/Sun
5:30am-7:00am	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	*
7:00am-8:00am	Pre-Masters Swim <i>All Lanes Reserved</i>	All Lanes Open	Pre-Masters Swim <i>All Lanes Reserved</i>	All Lanes Open	Pre-Masters Swim <i>All Lanes Reserved</i>	*
8:00am-11:00am	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	*
11:00am-12:00pm	Masters Swim <i>All Lanes Reserved</i>	All Lanes Open	Masters Swim <i>All Lanes Reserved</i>	All Lanes Open	Masters Swim <i>All Lanes Reserved</i>	*
12:00pm-5:45 pm	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	*
4:30pm-5:30 pm	Youth Swim <i>3 Lanes Open</i>	All Lanes Open	Youth Swim <i>3 Lanes Open</i>	All Lanes Open	All Lanes Open	*
5:45pm-7:00pm	All Lanes Open	Masters Swim <i>1 Lane Open</i>	All Lanes Open	Masters Swim <i>1 Lane Open</i>	All Lanes Open	*
7:00pm	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	*

On weekdays, up to two lap lanes may be closed at any time for private/semi-private swim lessons or team trainings

* Most lanes of the lap pool are open on weekends.

About our Aquatics Schedule

Classes such as Water Fitness and Masters Swim are part of our **Group Exercise Program** at the Airport Club. There is no charge for these classes.

If you have any questions, or would like more information, please contact **Lori Ennis**, Group Exercise Director at (707) 521-2443 or lorie@airportclub.com

Classes marked with an asterisk are **fee-based programs**. These include Pre-Masters Swim, Kids Swim Fitness and Triathlon Team Training.

If you have any questions, contact:

Tarryn Matthies, Aquatics Coordinator (707) 521-2467 or tarrync@airportclub.com

Private & Semi-Private Instruction

We offer Private Swim Lessons year-round! Private lessons can be a very effective learning tool that will enable even the most novice of swimmers to feel more comfortable and stronger in the water. Let us help you educate your swimmer on the importance of water safety while they enjoy splashing around the pool with one of our swim instructors!

Private Swim Lessons

Members:

1 x 30 Minute lessons	\$42
5 x 30 Minute lessons	\$170
10 x 30 Minute lessons	\$315

Non-Members:

1 x 30 Minute lessons	\$52
5 x 30 Minute lessons	\$220
10 x 30 Minute lessons	\$415

Semi-Private Swim Lessons

Members:

5 x 30 Minute lessons	\$125
10 x 30 Minute lessons	\$225

Non-Members:

5 x 30 Minute lessons	\$180
10 x 30 Minute lessons	\$340

About Our Pools

Our **Lap Pool** is Junior Olympic Size (25 yards), has six lanes, and is kept at approximately 78°.

Our **Recreational Pool**, home to our Water Fitness classes, is kept at approximately 86°