



www.shipshapewaterfitness.com

shipshapewaterfit@gmail.com

770-714-3235 Cell 386-986-5655 Office

Owner – Sharon M. Smith

Water Fitness Classes including shallow and deep water classes

Session Cards are available upon request with a one-month expiration date.

- Water Fitness schedule: MWF 9:00am - 10:00am / Shallow End - max (25) students
- Water Fitness schedule: MWF 10:15am - 11:15am / Deep End - max (25) students
- Water Fitness schedule: Tue/Thur. 5:30pm - 6:30pm / Shallow End - max (25) students
- Water Fitness schedule: Tue/Thur. 6:45pm - 7:30pm / Deep End / High Intensity Class - max (25) students
- Prices: Shallow end= \$10 per class
- Prices: Deep end= \$15 per class
- Prices: Session cards that include 12 classes will be sold at \$100 per card- equalling \$8.33 per class- big savings! One month expiration date.
- The classes would require a minimum of 10 people to begin.

Swim Lessons: Private or Semi Private (maximum of 2 participants) will be offered. The instructors are all trained by our company. Some do have American Red Cross Certification but are still required to train under our certification. We offer specialty formats for people of all ages suffering with special needs. Many adults want to learn to swim, especially after retirement. Instructors are required to also be certified, insured and experienced in life saving, and pool chemistry.

Rates as follows:

Instructor per hour for one private individual class - \$75 per class

Private – 6 lesson minimum \$65 per class

Semi-Private – 6 lesson minimum \$75.00 per class for a maximum of 2 participants

Personal Fitness Training:

Instructor per hour - \$80 per class

The session cost is based on the number of visits, amount of time in the pool will vary as some cannot tolerate an hour. However, most can. The participant must be independent or bring (and pay) for an assistant.

6 classes - \$75/class

12 classes - \$70/class

18 classes - \$65/class

A one-time assessment is performed at the rate of \$40 and includes both time in the water and in a chair on land with the instructor. A lot of insurance providers are paying for reimbursement as these participants are typically not ready or desire to not be in a group.

Integrated Therapy for Aquatic Therapy will be offering Aquatic Physical Therapy. Aqua-PT.com Students will be billed through Medicare or Private Insurance. A Physicians Prescription is required. The students must be mobile enough to get in and out of the pool independently or bring someone to assist them.

We are a one-stop shopping service for all your pool needs and programming. A Ship Shape Swim Shop will be open for sunscreen, sunglasses, towels, floats, noodles, weights and floatation devices for adult and children, swim diapers, warming apparel and more! The shop is open from 10 a.m. to 2 p.m. Monday – Saturday.

Pool Season- April 1st to October 15th

- **Water fitness, Swim Lessons and Personal Training Classes will be offered by Ship Shape Water Fitness Specialists, LLC and students will complete their contract, health history forms, emergency contact information, and waivers for both parties.**
- **Aqua socks only in the pool- no shoes.**
- **Appropriate swim attire is required. Nude bathing or thong bikinis are not allowed in keeping with a professional, respectful, family oriented facility.**