



Individual & Buddy Swim Lessons

Hampshire Wellness & Fitness offers personalized, one-on-one swim lessons with your own swim instructor, or split the cost with a buddy who has the same instructional needs.

Individual Packages 30-minute lessons

Number of lessons	Member Price	Non-Member Price
1	\$30	\$35
3	\$75	\$85
5	\$110	\$125
10	\$160	\$175

Buddy Packages 30-minute lessons

Number of lessons	Member Price	Non-Member Price
1	\$25	\$30
3	\$70	\$75
5	\$85	\$90
10	\$110	\$115

Call 304-822-7255 for more information or to schedule your first lesson.

Prices effective June, 1, 2025.
All lessons expire six months from start date.
There are no refunds for unused lessons.