

# RRC

# SWIM LESSONS



**Interested in Swim Lesson for the kids or yourself?  
RRC has great certified and experienced instructors for you to  
choose from.**

### **Lesson availability:**

#### Before May 19<sup>th</sup> (w/ Anna-Gabrielle)

Monday: 8am-8pm  
Tuesday: 8am-8pm  
Wednesday: 8am-8pm  
Thursday: 8am-8pm  
Friday: 8am-6pm  
Saturday: 8am-10am

#### After May 19<sup>th</sup>

Monday: 10am-5pm & 6:30pm-8pm  
Tuesday: 10am-2pm  
Wednesday: 10am-5pm & 6:30pm-8pm  
Thursday: 10am-5pm & 6:30pm-8pm  
Friday: 10am-5pm & 6:30pm-8pm  
Saturday: 8am-10am

### **To schedule swim lessons please contact the coach:**

Hannah House: [Hannah@rrctennis.com](mailto:Hannah@rrctennis.com)

Anna-Gabrielle Emberson: [annag@rrctennis.com](mailto:annag@rrctennis.com)

### **Cost per ½ hour lesson:**

Private: \$25

2 & coach: \$15 ea.

3 & coach: \$12 ea.

4+ & coach: \$10 ea.

#### Anna-Gabrielle Emberson, Assistant Head Coach

Anna-Gabrielle comes to The Raleigh Racquet club with years of experience in swim instruction and coaching. She has been involved in aquatics her entire life and swam competitively, specializing in butterfly. Always passionate about aquatics, Anna-Gabrielle took a student-teaching position as a swim instructor while in high school. Later, she continued this passion in college where she volunteered to teach young adults to swim in her spare time. After graduating from North Carolina State University with a degree in Public Communications Anna-Gabrielle taught swimming at the YMCA. While there she also coached the swim team, again experiencing her love for swimming and mentoring young athletes. Anna-Gabrielle was most recently with Lifetime Fitness as the Head Swim Coach, Swim Program Supervisor, and Swim Instructor. She teaches all ages and abilities for swimming even working with tri-athletes. Strong verbal communication skills, organization, and passion for athletics are some of the strengths that Ann-Gabrielle brings to RRC. Anna-Gabrielle is thrilled to join the team at RRC and see the young athletes shine in competition and swimming development.

#### Hannah House, Head Coach

Hannah House has been swimming her whole life, and is currently swimming on the club team at UNC, where she is in her third year studying communications. While swimming on her high school team Hannah volunteered to work with younger swimmers helping them to learn and improve. Hannah has also been a TSA swim coach and a swim lesson instructor at her last club, Lakemont. She is excited to be at Raleigh Racquet club to work with the current swimmers and newcomers, teaching them to swim and developing competitive swimming skills.