



D U P O N T C O U N T R Y C L U B

Wellness Department

Pool / Fitness / Physical Therapy



Mission

Our Wellness Mission at the DuPont Country Club is to share, spread, and deliver wellness philosophies that will expand our clients' health, performance within their sport, and lifestyle. Through fitness, nutrition, and physical rehab, we strive to accomplish everyone's goals and help them to see their unique and true potential. Our staff is ready to take on your wellness journey as your trainer, coach, and friend.

CONTACT US

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Fitness

Programming & Pricing

Personal Training

Our highly qualified personal training staff have been carefully selected to provide the best experience for all levels of fitness enthusiasts. We believe there is no one way to coach and our trainers know how to help you meet and exceed your goals!

Private Sessions

1 participant --- 60 minutes in duration

	8 sessions	16 sessions	24 sessions
Member	\$500/ session	\$960/ session	\$1380/ session
Non-Member	\$720/ session	\$1400/ session	\$2040/ session

Semi-Private Sessions

2 participants --- 60 minutes in duration

	8 sessions	16 sessions	24 sessions
Member	\$360/ session	\$480/ session	\$680/ session
Non-Member	\$500/ session	\$750/ session	\$1200/ session

Group Sessions

3-5 participants --- 60 minutes in duration

	8 sessions	16 sessions	24 sessions
Member	\$200/ session	\$365/ session	\$535/ session
Non-Member	\$285/ session	\$520/ session	\$765/ session

Boxing

Retired heavyweight boxer, Henry Mulligan, is ready to help you take on your new ambitions! Join him to use your competitive nature and see how quick and strong you can be.

	30 Minute Private Lessons	1 Hour Private Lessons
Member	\$45/ session	\$80/ session
Non-Member	\$60/ session	\$100/ session

Junior Strength & Conditioning

This program is for young athletes looking to improve their fitness and alongside sport performance.

Mondays & Wednesdays 7:00pm-8:00pm

Take your fitness goals to a new level!

Single Session Pricing	Member	Non-Member
	\$40	\$50

4 Session Pricing	Member	Non-Member
- Strength	\$150	\$175
- Power		

8 Session Pricing	Member	Non-Member
- Agility	\$250	

- Core Stability	Non-Member	\$300
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Group Fitness

Our fitness program's vision is to help our members achieve their fitness goals while creating a sense of community. Each of our instructors come from a variety of fitness backgrounds, which makes our staff diverse and knowledgeable to help guide you to find your favorite class or classes!

DCC Group Fitness

Register in the app!

- \$60 Class Pass for unlimited classes
- \$16 per class - Member
- \$20 per class - Non Member
- *Free Class*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 AM SWEAT - Kenny	*11-12 PM* AquaFit - Cindy	6-7 AM SWEAT - Kenny	6-7 AM Aesthetics - Kenny	8:30-9:15 AM Resistance to Mat - Vic	*8-9 AM* Yoga - Nicole/Amy
9-9:30 AM Bootcamp - Beth	12-1 PM Aesthetics - Nicole	*9-9:30 AM* Bootcamp - Beth	8-8:45 AM Cardio Blast - Carolyn	*9-9:30 AM* Bootcamp - Mark	10:30-11:30 AM SoulBody Barre - Amy
10-11 AM Pilates - Cindy	*12:30-1:30 PM* Vinyasa Flow Yoga - Brittany	*9:30-10:30 AM* Yoga - Mary Ann	9:30-10:30 AM Barre/Pilates Fusion - Cindy	12-1 PM SWEAT - Kenny	
12-1 PM SWEAT - Kenny	6-7 PM DuPont Barre - Amy	12-1 PM SWEAT - Kenny	*11-12 PM* AquaFit - Cindy	2-3 PM SoulBody - Amy	
5:30-6:30 PM Zumba - Kelita		*6-7 PM* Zumba - Kelita	6:30-7:30 PM Spin - Rotating Instructor		

6:45-7:45 PM
Hatha Flow Yoga - Nicole

"Alone we can do so little, together we can do so much"

Monthly Class Pass

Member: \$60
Non-Member: \$120

Aquatics

Programming & Pricing

Swim Lessons

Group Lessons

Learn-to-Swim

These group swim lessons are for swimmers who are ready to be in the water and expand their beginner skills to prepare to swim on their own.

LESSON LEVELS	SESSION PRICING	
<u>Tiny Fish:</u> Swimmers ages 6 months up to 3 years old.	\$60	Member
	\$90	Non-Member
<u>Little Fish:</u> Swimmers ages 3 to 5 years old	\$80	Member
	\$110	Non-Member
<u>Big Fish:</u> Swimmers ages 6 to 12 years old.	\$80	Member
	\$110	Non-Member

* 4-8 swimmers for Tiny Fish groups. 3-6 swimmers for Little Fish and Big Fish Groups. Classes will be cancelled if the minimum registration number is not met.

Private Swim Lessons	1 Lesson	5 Lessons	10 Lessons	
	\$40	\$185	\$350	Member
	\$45	\$215	\$400	Non-member
	* 1 Swimmer --- 30 minutes/lesson			
Semi-Private Swim Lessons	1 Lesson	5 Lessons	10 Lessons	
	\$30	\$135	\$250	Member
	\$35	\$165	\$300	Non-member
	* 2 Swimmers --- 30 minutes/lesson			

Pre-Competitive Swim Program

Mondays and Wednesdays

Pre-Comp 1 (ages 8 and under) 5:45pm-6:30pm

Pre-Comp 2 (ages 9 and over) 6:30pm-7:15pm

This large group lesson is for swimmers who graduated from our Learn-to-Swim Program, and are now able to swim 25 meters of freestyle and 25 meters of backstroke. Participants will be introduced to a swim team environment, be taught butterfly and breaststroke, and hone their swimming skills to prepare for our Diamond State Aquatics Swim Team.

MONTHLY PRICING

1 Day/Week	2 Days/Week
\$70 Member	\$100 Member
\$100 Non-Member	\$130 Non-Member

Swim Team

DCC Summer Swim Team

DCC Summer Swim is a friendly, introductory team for swimmers looking to expand their swimming knowledge while racing against local team in the area. If your swimmer is ready to have some fun this summer, this is the team for you!

*This team is for members and grandchildren of members only.

Diamond State Aquatics Swim Team

Diamond State Aquatics is a competitive USA swim team. Although swimming is an individualized sport, it is imperative that our swimmers feel a sense of community within our team. This teams take a holistic approach to cultivating each swimmer as a well-rounded athlete.

- all levels of competitive swimming for ages 5-19
- dryland training
- dedicated coaches

For more information about our team and pricing, please visit diamondstateaquatics.com.

Dawn Patrol

The Dawn Patrol Swim Program is our adult competitive/fitness training swim program at DuPont Country Club. It is a group of swimmers wanting to train in a group setting with others of similar skill levels and swim goals. We have swimmers of different levels separated into groups so that our coaches can build a workout based on each group's specific fitness level and swimming ability. Our coaches will assist you with pacing, technique, and introducing you to the other local swimmers in our program.

Physical Therapy

Programming & Pricing

Who We Are

The Physical Therapy Clinic at the DuPont Country Club is operated by Omega Project. Omega Project specializes in sports and orthopedic injuries. As a company, we pride ourselves on working with those who can't stop and won't stop! No matter your sport of choice, we recognize the importance of keeping you playing. We are a team of experienced clinicians who use a one-on-one style of treatment to deliver fast and effective results.

What We Do

In the clinic, you can expect treatment to incorporate expert hands-on interventions, movement retraining, and exercise recommendations to resolve injuries and maximize performance. Treatment may also include Dry Needling, Bloodflow Restriction Training, or Winback TECAR Therapy, depending on the injury.

Titleist Specialization

For golfers, our therapists are certified by the Titleist Performance Institute to identify golf-specific movement and strength impairments that can lead to injury and hindered performance.

If you are dealing with an injury and can't stop/won't stop doing what you love, we are here to help!