



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	\$260/ session	\$480/ session	\$680/ session
Non-Member	\$400/ 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	\$150	\$175

8 Session Pricing	Member	Non-Member
- Agility	\$250	\$300
- Core Stability	\$250	\$300

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!

Monthly Class Pass

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

DCC GROUP FITNESS

Register in the app!

Pricing:
\$60 class pass for unlimited classes
\$16 Per class member
\$20 Per class non member
Free Class

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

"Alone we can do so little - together we can do so much."

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.

SESSION PRICING

Member	\$95
Non-Member	\$115

Package of 5 lessons.

*1 lesson per week - Monday or Friday consistently.)

* There is a minimum of 3 participants and a maximum of 5 participants.

LESSON LEVELS

Guppies: Beginner swimmers in the water.

Jellyfish: Swimmers who are able to jump off the wall and float on their backs alone for 15 seconds.

Sharks: Swimmers who are able to swim by themselves for a minimum of 15 feet.

Private Swim Lessons	5 Lessons	10 Lessons	
	\$165	\$315	Member
	\$190	\$360	Non-member

* 1 Swimmer --- 30 minutes/lesson

Semi-Private Swim Lessons	5 Lessons	10 Lessons	
	\$120	\$225	Member
	\$145	\$270	Non-member

* 2 Swimmers --- 30 minutes/lesson

Swim Team Prep & Swim Team Ready Program

Mondays, Wednesdays, and Fridays

Swim Team Prep (ages 8 and under)

5:45pm-6:30pm

Swim Team Ready (ages 9 and over)

6:30pm-7:15pm

This large group lesson is for swimmers who are able to swim 25 yards of freestyle and 25 yards of backstroke. Participants will be introduced to a swim team environment and hone their swimming skills to prepare for our Diamond State Aquatics Swim Team. Swimmers will work on stroke mechanics, starts, & turns.

MONTHLY PRICING

	2 Days/Week
Member	\$115
Non-Member	\$145
	3 Days/Week
Member	\$150
Non-Member	\$215

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.

Master's Swim Program

The DSA Swim Masters 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!