

## Swim Lessons at Bolton Swim and Tennis

### Private and Semi-private Lessons

\$25/30 min. Private Lesson

\$40/30 min. Semi-private Lesson (siblings only)

**To schedule a lesson, contact one of BST's great swim instructors!**

**Sarah Bolton** has been a competitive swimmer for over 10 years. Sarah swam year round with USA team, Merritt Athletic Swimming. As a swim instructor, Sarah has worked with children and adults of all ages, focusing on the foundations of swimming and stroke technique.

Sarah joins BST for her first summer as a swim instructor and lifeguard. Sarah is also a Swim Instructor, Aquatic Personal Trainer, and Lifeguard at Merritt Athletic Club in Canton.

In the fall, Sarah will be attending Maryland Institute College of Art where she plans to major in Painting or Drawing.

Certifications: Lifeguard, CPR/AED, Pool Operator

**Sarah Bolton**  
**sarahboltonart@gmail.com**  
**(443) 572-9004**

**Erika Ronning** joins the Bolton Hill Barracudas this summer as a new assistant coach. Erika is from Western Springs, IL. A swimmer since she was eight years old, Erika swims for Lyons Swim Club and Retrievers Aquatic Club at UMBC.

Erika was a USA Swimming national qualifier in 2009 and a junior national qualifier in 2008 and 2009. In 2009, she was a 10-time Illinois State qualifier and a USA State water polo champion. Erika was the Comcast Player of the Game and leading scorer in the state final. At UMBC, Erika is a 2-time America East All-Conference team member. She helped 200 medley relay, 200 free relay and 400 free relay take first place at 2011 AEC, as well as second in the 100 free, third in 50 free and sixth in 200 free.

This fall, Erika will be starting her junior year at UMBC as a Graphic Design major.

**Erika Ronning**  
**ronning1@umbc.edu**  
**(708) 209-7409**