

Swim Lessons



Crestwood Hills Swim Team will be offering private swim lessons to all swimmers. If you need help fine-tuning the details or just learning the basics, contact a coach for lessons today!

Coach Caleb Allen – Head Coach

Caleb returns for his 3rd year coaching the Wahoos, and his 18th year with CWH. As a 4-year NCAA varsity swimmer at Case Western Reserve University, Caleb specializes in all strokes, specifically the butterfly, freestyle, and backstroke, as well as all racing details including starts, turns, and finishes.

C: 258-9442 | E: caleb.allen.tn@gmail.com | Rate: \$25 per 30-minute lesson

Coach Ben Knight – Assistant Coach

Ben returns for his 2nd year coaching the Wahoos, and his 8th year on the team. As a long-time swimmer and active water polo player at Vanderbilt University, Ben specializes in backstroke, butterfly, and freestyle. Ben also specializes in racing details and sprinting strategy.

C: 963-1755 | E: benjamin.r.knight@vanderbilt.edu | Rate: \$25 per 30-minute lesson

Coach Christine Shreve – Assistant Coach

Christine returns to CWH this year as our Feeder Coach. This is Christine's 12th year with CWH and is a senior on the team. As our Feeder Coach, Christine specializes in working with younger kids, particularly below 7 years of age. If your young child needs help learning to swim across the pool unassisted, Christine is your coach!

C: 208-2937 | E: snickchick@gmail.com | Rate: \$20 per 30-minute lesson

If you are interested in private lessons with any of the above coaches, please contact any of them via phone/text/email, or catch them after practice any morning. We will work with your schedule to get a lesson in, so contact one of them today to improve your stroke!

Go Wahoos!

— Please make all checks out to Crestwood Hills Recreation Center —