



Swim Lessons

Session 3: July 31- Aug 10 | Registration: July 23-30

Parent & Tot: 0730

Little or no experience. Designed to help a child feel comfortable in the water. Parent is involved and in the water at all times.

Levels 1 & 2: 0930

Child must feel comfortable without parent and is old enough to stand up in shallow water unassisted before entering these levels.

Preschool: 0830

Reluctant to enter the water and submerge. Flotation devices will be allowed if necessary.

Levels 3 & 4: 1030

These levels give students success with fundamental skills and builds on the skills in these levels through additional guided practice.



SWIMMING LESSONS:

COST: \$40.00 per person, per session

LENGTH: Each session is 2 weeks in length

DAYS: Tuesday-Friday

- 8 classes
- 30 minute sessions

Adult Lessons

Basic:

Little or no experience. Participants build confidence in and around water and learn basic swimming skills.

Intermediate:

Participants work on improving skills and learning the basics of swimming strokes.

Fitness:

Participants refine techniques and movement and begin skills for fitness swimming.

ADULT LESSONS ARE BY REQUEST ONLY



For more information call us at:
928-269-2914