

ADULT FOUNDATIONS 2024

Lesson Details:

It's never too late to learn to love the water!!

- Group Lesson (6 lessons total)
- Building the foundations of swimming
- Building confidence in the water
- Teaching water safety skills
- Ages 13 and up



\$70

Per Session

All lessons are non-refundable, non-transferable & no make-ups unless we cancel.

Saturday Lessons

(In Training pool)

Beginner @ 12:30-1:00pm
Intermediate @ 1:00-1:30pm

Fall Session 1:

Saturday Lessons:

Sept. 7 - Oct. 12

REGISTRATION DATES

Monday, August 19th

In-Person & Online @ Noon

Fall Session 2:

Saturday Lessons:

Oct. 19 - Nov. 23

REGISTRATION DATES

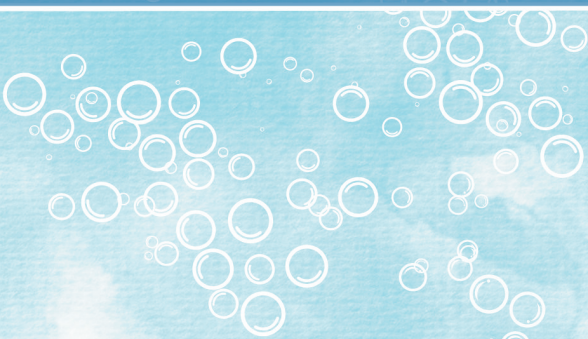
Monday, September 23rd - Until Full

In-Person & Online @ Noon



Weekday Lesson Info on Back!

ADULT FOUNDATIONS 2024



Monday Lessons and Wednesday Lessons:

(In Rec pool)

Beginner @ 5:30-6:00pm
Intermediate @ 6:00-6:30pm

Tuesday Lessons and Thursday Lessons:

(In Rec pool)

Beginner @ 12:00-12:30pm
Intermediate @ 12:35-1:05pm

Fall Session 1:

<u>Monday Lessons:</u> Sept. 9 - Oct. 14	<u>Wednesday Lessons:</u> Sept. 4 - Oct. 9
<u>Tuesday Lessons:</u> Sept. 10 - Oct. 15	<u>Thursday Lessons:</u> Sept. 12 - Oct. 17

REGISTRATION DATES

Monday, August 19th
In-Person & Online @ Noon

Fall Session 2:

<u>Monday Lessons:</u> Oct. 21 - Nov. 25	<u>Wednesday Lessons:</u> Oct. 16 - Nov. 20
<u>Tuesday Lessons:</u> Oct. 22 - Nov. 26	<u>Thursday Lessons:</u> Oct. 24 - Nov. 21 ** Only 5 lessons **

REGISTRATION DATES

Monday, September 23rd - Until Full
In-Person & Online @ Noon

Fall Session 3:

Monday/ Wednesday Lessons:
**** These classes will be twice a week in December****
Dec. 2 - 18

REGISTRATION DATES

Monday, October 21- Until Full
In-Person & Online @ Noon

CONTACT US

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