

ADULT: ADVANCED

Fall Sessions 2024

Fall Session 4:

**New Times,
Only for
December!!**

**T/TH CLASS
DATES:**

**December 3 - 19
4:00pm-5:00pm**

REGISTRATION DATES

**Monday, November 18 -
Until Full
In-Person & Online @
Noon**

You will learn:

- Stroke development
- Health benefits of swimming
- How to use swimming as an adaptive tool for recovery

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

Class Details:

- Ages 18 & up
- Must Be able to swim multiple 25 yards
- Must be comfortable in 7 feet deep water.
- Class size 1:6

**"Excellence is the gradual result
of always striving to do better."**

-Pat Riley



***Classes will remain
OPEN until FULL***

**6 LESSONS
\$75
per session**