



### **BEGINNER SWIM CLASS • MONDAYS, 5-5:45 PM**

For Adults age 20 and older with little or no swimming skills or ability.

Skills to be taught: Front float, back float, flutter kick, rotary breathing with face in water, front crawl, and elementary back stroke.

Members- \$160 Family-\$100 Community- \$260

Runs 10 weeks with no classes during the Holiday break 12/25-1/1/24.

### **ADVANCED ADULT SWIM LESSON • WEDNESDAYS, 5:00 -5:45 PM**

Adults, age 20 and older with some swim experience in shallow and or the deep end  
Knowledge of front crawl with rotary breathing, able to float on back 30 seconds.

Members- \$135 Family-\$125 Community- \$235

Begins November 29, and runs 10 weeks, no classes Holiday school vacation week 12/25-1/1/24.

### **TEEN SWIM CLASS • FRIDAYS, 5-5:30 PM**

Ages 13 -19 Little or no swimming experience is required in shallow or deep water.

Skills to be taught: Rotary breathing with face in water, rolling over front to back/ back to front, stroke refinement, jumping in deep water and or diving.

Members- \$125 Family-\$135 Community- \$235

No classes during Holiday break 12/25-1/1/24.