

Priority Registration begins Nov. 19 for those enrolled in the Nov - Dec 2018 Session  
Open Registration begins Nov. 26 for those not enrolled in the Nov - Dec 2018 Session

**No class: March 9**

## Adult Classes

It's never too late to start swimming! Our Adult Lesson Program allows you to decrease your fear of the water and improve your swimming technique in a comfortable environment.

Swimming is a great low-impact exercise that builds your cardiovascular fitness, increases muscle tone, and helps shed pounds without the joint stress associated with running or jogging.

We offer both group lessons and private lessons for adults. We also offer lap swim memberships so that you can practice outside of class time. If you are currently signed up for one of our adult programs, you will receive a discount on your lap swim membership.

Our Adult Group Lesson Program is recommended for anyone 16 years of age or older and any ability level.

### All swimmers must check either:

- Beginner
- Intermediate

This will be used to aid our instructors with class curriculum.

## Adult Class Schedule

### Beginner:

#### Mondays:

7:45pm-8:30pm

#### Thursdays:

11:00am -11:45am

7:00pm - 7:45pm

#### Fridays:

9:15am - 10:00am

7:30pm - 8:15pm

#### Saturdays:

12:00pm - 12:45pm

### Mixed:

#### Tuesdays:

8:00pm - 8:45pm

#### Thursdays:

11:00am - 11:45pm

### Intermediate:

#### Mondays:

11:00am-11:45am

7:00pm-7:45pm

#### Thursdays:

7:45pm - 8:30pm

#### Saturdays:

8:00am-8:45am

## Pricing:

**Mon-Fri, Sun: (12 weeks)**

Cost: 1 Adult: \$175.80

**Sat: (11 weeks)**

Cost: 1 Adult: \$161.15

**Drop in rate: \$15.65**

A minimum of 3 students are required to run the class. You will be notified one week after the start of class if it needs to be cancelled due to low enrollment.

## Getting In the Water!

Our Adult Lessons are targeted to help all swimmers, regardless of gender or ability level

The Adult Lesson instructors will help you through the most basic skills and can also help individuals who have a basic knowledge of swimming.

For Adult swimmers that are more advanced that are looking for more competitive practice, ask our Front Desk about Private Lesson options with one of our many instructors.

## Don't Forget!

Swim lessons are geared to help you become more confident in your skills and technique.

To expedite your improvement, try to be consistent with your attendance and participation.

Remember to get a pair of goggles! The Front Desk has some available for purchase for your convenience.