



ADAPTIVE GROUP SWIM LESSONS

Swimming is one of life's most essential skills: the ability to swim can help save your life or someone else's life, while introducing you to a lifetime of healthy, enjoyable activity in the water.

Swimmers will be swim tested and grouped according to their swimming ability. There is a 1 instructor to 3 student ratio. Prerequisites for the group class:

- Tolerate being in the water for 30 minutes
- Follow directions in a group setting
- Able to wait and take turns
- Caregiver must be on pool deck

Mondays from 5:25-5:55 pm
January 8-February 26 (8 Weeks)
Ages 13-17 & Ages 18+

Family Members \$162
Members \$180
Community Members \$256



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