

# ADULT GROUP SWIM LESSONS

**1 DAY/WEEK FOR 4 WEEKS; 4 LESSONS**

**BEGINNER CLASS; 30 MIN: \$25.00**

**INTERMEDIATE CLASS; 45 MIN: \$37.00**

## **BEGINNER LEVEL:**

**WEDNESDAYS, 6:00-6:30 PM**

January 8-29

February 5-26

March 4-25

April 8-29

Participants will learn skills including submerging their face and body underwater independently, learning to float on their front and back, and beginning to travel through the water using a front crawl or elementary backstroke swimming stroke.



## **INTERMEDIATE LEVEL:**

**WEDNESDAYS, 6:35-7:20 PM**

January 8-29

February 5-26

March 4-25

April 8-29

Participants will learn skills including improving efficiency in the front crawl stroke, beginning to learn the backstroke and breaststroke, and learning to tread water.

Can't make the group lessons? Schedule a private swim lesson with one of our qualified instructors here: [https://www.digiquatics.com/accounts/4491/private\\_lessons/new](https://www.digiquatics.com/accounts/4491/private_lessons/new)