



# ADULT AQUATICS PROGRAMS



## Begin to Swim for Adults

We are offering two six week, ½ hour programs for beginner swimmers starting in January! Start the year off right by accomplishing those New Year's resolutions! Beginner Classes will focus on conquering fears, becoming relaxed and confident in the water, and learning the fundamentals of swimming. Working in a small group of like-minded adults, you will get the time and focus you need to succeed. Coached by our excellent aquatics staff we focus on helping you achieve your goals in the pool. We offer two options, mornings and evenings, for this once a week class.

Thursdays 9-9:30 AM beginning **March 7th going to April 11th**

Wednesdays 7:30-8:00 PM beginning **March 6th going to April 10th**

6 classes- member \$180, guest \$210.

## Swim to Fitness for Adults

These one-hour aquatic fitness classes are custom designed with the learning swimmer in mind. We will focus on a proper warm up for fitness swimming. Then begin stroke development utilizing stroke drills, aquatic tools and one on one instruction in the development in three major competitive strokes; freestyle, backstroke and breaststroke. The final portion of this one-hour class will be fitness sets designed to increase your heart rate, improve your aquatic endurance and create an overall beneficial aquatic workout. Best part of this program is your laps count towards our annual 50 Mile Swim Club qualification! Swim with other swimmers like you, learn to use the pool for your fitness goals, and learn to swim your best with great technique. This class is coached by our excellent aquatics staff who will focus on your goals! This class meets twice a week for three weeks, hit the pool hard for those New Year's resolutions!

Tuesday & Thursday AM 6:30-7:30 beginning **March 12th going to March 28th**

6 classes- member \$300, guest \$360.



## START YOUR YEAR IN THE POOL!



See, call or email Member Services to  
sign up for this great experience!