

END OF THE SUMMER

Swim Week

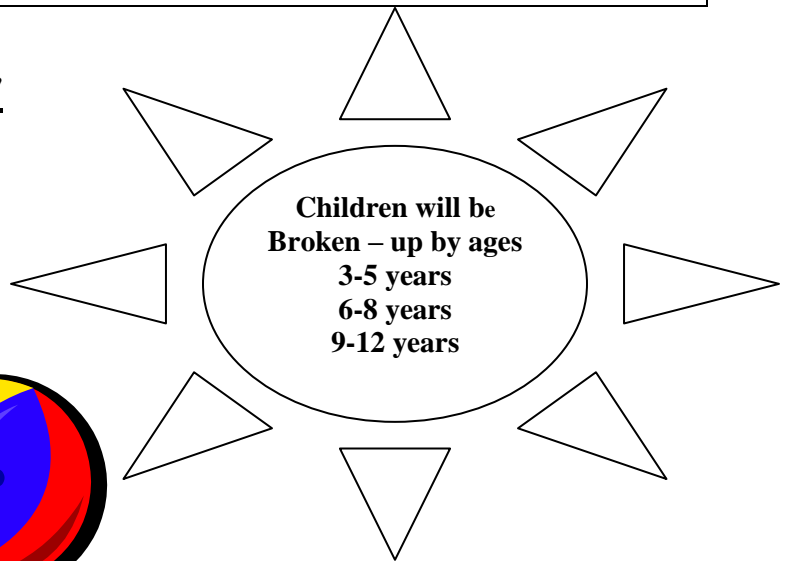
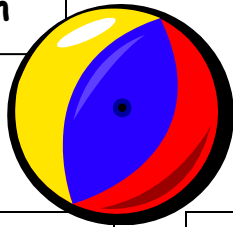
For children ages 3-12 years old
Monday, August 21 - Friday, August 25, 2017

Brush-up on your swimming skills or get more comfortable in the water. This intensive and consecutive 5 day program offers 45 minutes of swimming instruction per lesson with personal attention by top level, experienced teachers.

Program runs Monday - Friday

Level 1 3:45-4:30 P.M.

For first time swimmers or children who are fearful. Skills include safety, floating, bubbles, kicking & arm action



Level 2 4:30-5:15 P.M.

Children who are comfortable putting their face in the water. Skills include gliding, kicking & crawl stroke.

Level 3/4 5:15-6:00 P.M.

Learn rotary breathing, backstroke & water safety skills. Children will improve on skills in level 1 & 2

FEE: \$95.00 M / \$110.00 NM

Space is limited. For more information call
the Health & Fitness Dept. at (718) 268-5011, Ext. 502

