

# Exercise IS Medicine

## FITNESS FORUM SPORTS AND WELLNESS AQUATICS

### GROUP SWIM LESSONS

Our teachers are Water Safety Instructors or Water Safety Aids as well as certified in CPR, AED, and first aid. We provide a balance of learning and fun in all of our lessons! Each group lesson must have at least 4 per class. Maximum per class depends on the age and level of the swimmers.

### PRICING

40 MIN = \$55 member, \$65 non-member
30 MIN = \$45 member, \$55 non-member

Saturdays, January 17-February 21

Start Date	Pool	Day of week	Level	Time
1/17/2026	Therapy	Saturday	Splashers	8:30-9:00
1/17/2026	Therapy	Saturday	Bubbles	9:20-10:00
1/17/2026	Therapy	Saturday	Lil'Paddlers	8:30-9:10
1/17/2026	Therapy	Saturday	Paddlers	9:20-10:00
1/17/2026	Therapy	Saturday	Guppies 1	10:10-10:50
1/17/2026	Lap	Saturday	Guppies 2	8:30-9:10
1/17/2026	Lap	Saturday	Goldfish	9:20-10:00
1/17/2026	Lap	Saturday	Dolphins	8:30-9:10
1/17/2026	Lap	Saturday	Seahorses	9:20-10:00
1/17/2026	Lap	Saturday	Sharks	10:10-10:50

Private and Semi-private lessons available upon request!

To sign up or get more information please email [thaltffsw@gmail.com](mailto:thaltffsw@gmail.com)



2855 Miller Drive, Suite 101 Plymouth, In 46563  
574-936-2333 | [www.fitnessforum.biz](http://www.fitnessforum.biz)