

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



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