



SWIM LESSONS Available to Individuals of ALL Abilities and Ages

- ♦ Learn Basic Water Safety Skills
- ♦ Learn Different Swim Strokes
- ♦ Build Muscle & Strength
- ♦ Increase Range of Motion

Have a question? Call or Email Us...

www.IntegrityFitness.org

Email: Info@IntegrityFitness.org

Phone (516) 581-5376

EIN# 86-1879168

- ♦ Safe & Fun!

- ♦ Swim Lessons in Nassau County

- ♦ \$75 per lesson
- ♦ Lessons are 30 minutes long
- ♦ No Fee to Enroll

**ALL
Lessons
Are**

**Available by
Appointment**