



Fall SWIM REGISTRATION

EVERY ABILITY • EVERY AGE • EVERY GOAL



WE OFFER



**PRIVATE AND
SEMI-PRIVATE
SWIM LESSONS**



**BEGINNER SWIM LESSONS
STARTING AS YOUNG AS
6 MONTHS**



ADAPTIVE SWIM LESSONS
for Children, Teens & Young
Adults with Special Needs



**INTERMEDIATE &
ADVANCED INSTRUCTION**



ADULT LESSONS



*Inclusive instruction for
all abilities. All are welcome!*

FALL SESSION 2026 7 WEEKS



SATURDAYS 9AM – 12PM

SUNDAYS 9AM – 1PM

SATURDAYS

- ✓ September 12
- ✓ September 19
- ✓ September 26
- ✓ October 3
- ✓ October 10
- ✓ October 17
- ✓ October 24

SUNDAYS

- ✓ September 13
- ✓ September 20
- ✓ September 27
- ✓ October 4
- ✓ October 11
- ✓ October 18
- ✓ October 25

PRICING



PRIVATE LESSONS

(1 swimmer, 30 minutes)

- \$75 pay per lesson
- \$425 if paid in full



SEMI-PRIVATE LESSONS

(2 swimmers, 15 minutes each)

- \$100 pay per lesson
- \$525 if paid in full



FAMILY OF 3

(3 swimmers, 20 minutes each)

- \$175 pay per lesson
- \$950 if paid in full

DID YOU KNOW?

According to the American Red Cross:



11 people drown every day in the United States.



Drowning is the leading cause of death
for children ages 1–4.



Individuals with autism face a significantly
higher risk of drowning.



Swimming lessons build confidence,
water safety, and lifesaving skills.

REGISTER TODAY!

Spots are limited!



Scan or click
to register.



**WE ACCEPT
DIRECT PAYMENT FROM
OPWDD & SELF DIRECTION
FOR QUALIFYING INDIVIDUALS**



LOCATION

Mount Saint Mary College
Kaplan Pool
330 Powell Ave
Newburgh, NY 12550



845-522-9165



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AnchoredLifestyleLLC.com