



Fall-2

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



COMPETITIVE SWIM TEAM TRAINING



Inclusive instruction for all abilities. All are welcome!

FALL-2 SESSION 2026

5 CLASSES



SATURDAYS 10 AM – 2 PM

SUNDAYS 9 AM – 1 PM

SATURDAYS

- ✓ October 31
- ✓ November 7
- ✓ November 21
- ✓ December 5
- ✓ December 12

SUNDAYS

- ✓ November 1
- ✓ November 8
- ✓ November 22
- ✓ December 6
- ✓ December 13

PRICING



PRIVATE LESSONS

(1 swimmer, 30 minutes)

- \$75 pay per lesson
- \$300 for 5 classes



SEMI-PRIVATE LESSONS

(2 swimmers, 15 minutes each)

- \$100 pay per lesson
- \$400 for 5 classes



FAMILY OF 3

(3 swimmers, 20 minutes each)

- \$175 pay per lesson
- \$700 for 5 classes

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



info@anchoredlifestylellc.com



AnchoredLifestyleLLC.com