

Group Swim Lessons

Guided swim lessons to increase skills and improve self confidence. Students will be taught basic water safety and skill progressions for all applicable strokes according to the American Red Cross Standards. See back for brief level description. Classes meet once per week. No make-up classes.

Only one family member allowed on pool deck during swim lesson.

	Monday	Tuesday	Thursday	Saturday
Aqua-babies				9:00 - 9:30 am
Aqua-tots				9:30 - 10:00 am
Preschool	4:00 - 4:30 pm	4:00 - 4:30 pm 4:30 - 5:00 pm	4:00 - 4:30 pm	10:00 - 10:30 am 11:00 - 11:30 am
Level 1	4:30 - 5:00 pm	5:00 - 5:30 pm	4:30 - 5:00 pm	10:30 - 11:00 am
Level 2	5:00 - 5:30 pm	5:30 - 6:00 pm		11:00 - 11:30 am
Level 3	5:30 - 6:00 pm			10:00 - 10:30 am
Level 4/5	6:00 - 6:30 pm			10:30 - 11:00 am



Spring 1 Session April 5 - May 15, 2021

Monday, Tuesday,
Thursday & Saturday Classes

6 Classes Total

Members - \$96 • Non-Members - \$120

Registration begins March 8th.

For more information or to register call : #845-896-5678

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www.allsporthealthandfitness.com
#845-896-5678 • 17 Old Main Street, Fishkill, NY