



LEARN-TO-SWIM: SPRING SESSIONS

Introducing our new Eight-Week Spring Session:

Join us for this beginner to immediate level swim class. This class is for kids that are not afraid of the water and are ready to learn to be independent swimmers! Students will work with an experienced instructor in the water and focus on elementary aquatic skills like breath control, floating and kicking independently. Ages 4-7. Class limit 4 (30 minute class).

SPRING SESSION: March 11 - May 9

(8) 30 minute sessions
Ages: 4 to 7

RATES

Members: \$235
Sibling: \$215
Nonmembers: \$275

For more information or to register for a class, visit sportandhealth.com/programs/swimming or contact:

PROGRAM DIRECTOR: Jo Podlasek Vera

PHONE: 703.402.6104

EMAIL: jpodlasek@sportandhealth.com

LOCATION: McLean Sport&Health



SPRING SESSION SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Learn-to-Swim 2:30 PM - 3:00 PM 3:00 PM - 3:30 PM 3:30 PM - 4:00 PM	Learn-to-Swim 4:00 PM - 4:30 PM 4:30 PM - 5:00 PM			Learn-to-Swim 3:45 PM - 4:15 PM		
No Class April 4				No Class April 1		
ALL Make-Ups May 10 or 13	ALL Make-Ups May 10			ALL Make-Ups May 13		



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