

& LEARN-TO-SWIM: FALL SESSIONS

Introducing our new Eight-Week Fall Session:

Join us for this beginner to intermediate 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).

FALL SESSION: October 12 - December 12

(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

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McLean Sport&Health: 1800 Old Meadow Road, McLean VA



FALL 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 4:30 PM - 5:00 PM		Learn-to-Swim 3:45 PM - 4:15 PM		
No Class Nov 28		No Class Nov 23		No Class Nov 25		
ALL Make-Ups December 19	ALL Make-Ups December 13	ALL Make-Ups December 14		ALL Make-Ups December 16		



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