



# LEARN-TO-SWIM: WINTER SESSIONS

## Introducing our new Eight-Week Winter 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).

### WINTER SESSION: January 3 - February 27

(8) 30 minute sessions  
Ages: 4 to 7

### RATES

Members: \$235  
Additional Member: \$215  
Nonmembers: \$275

For more information or to register for a class, visit [sportandhealth.com/programs/swimming](http://sportandhealth.com/programs/swimming) or contact:

PROGRAM DIRECTOR: Jo Podlasek Vera

PHONE: 703.402.6104

EMAIL: [JPodlasek@onelifefitness.com](mailto:JPodlasek@onelifefitness.com)

LOCATION: McLean Sport&Health



## WINTER 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		
ALL Make-Ups March 5	ALL Make-Ups March 6	ALL Make-Ups February 28		ALL Make-Ups March 2		



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