

Kids SWIM FOR FITNESS



This isn't your typical swim lesson!

Kids Swim for Fitness offers:

- Endurance, strength, and fitness-building activities.
- Games, challenges, and fun water workouts.
- A chance to stay active and engaged in the pool.



**SCAN
HERE**
FOR MORE INFO.

- Perfect for kids who know the basics of swimming.
- Encourages personal fitness goals like stamina, speed, and strength.
- Helps kids prepare for swim teams or stay fit for other sports.
- Builds healthy habits through fun and motivating activities.

**WHY
JOIN?**

5-12 Years Old
Red Cross Level 3 & Up

7:00-8:00pm

M: \$65 | NM: \$80
Per Training Block

Training Block 1

Wed & Thurs

Jan 21st Jan 22nd
Jan 28th Jan 29th
Feb 4th Feb 5th

Training Block 2

Wed & Thurs

Feb 25th Feb 26th
Mar 4th Mar 5th
Mar 11th Mar 12th

Training Block 3

Wed & Thurs

Apr 1st Apr 2nd
Apr 8th Apr 9th
Apr 15th Apr 16th



THE REC