



ADULT SWIM LESSONS

Summer 2024

Tuesdays w/ Peter (Inside) Saturdays w/ Louise (Outside)

**Session Dates - #1 - June 18 - July 20 (No Classes July 2 & 6)
#2 - July 23 - August 17**

We are offering two different levels for adult lessons:

Adult Beginner - In this class you will learn the basic skills to become a swimmer which include breathing techniques, kicking, and arm movement on your front. They will help you overcome fears in this class.

Adult Intermediate - Requirements for this class you must be comfortable swimming 25 yards on your stomach. In this class, Peter will help you improve your swimming techniques and teach all different strokes.

They have the unique ability to take a class of 4 students and meet each student where he/she is at. His ability to inspire is a gift. So whether you are just getting comfortable with taking your feet off the pool bottom or are ready to learn the Butterfly stroke, they are the adult swim lesson teacher that you want working with you!

Each class meets one time per week for 30 minutes for 6 weeks and may have between 2 - 4 students. No make-up classes. Students will be notified of any class cancellations due thunderstorms or severe weather via email and will receive credit for the class toward the next program at the Club.

Class Level	Day	Start Time	End Time	# of Classes	Member Fee	Non-Current Member Fee
Adult Beginner	Tuesday	6:00pm	6:30pm	4	\$100	\$150
Adult Intermediate	Tuesday	6:30pm	7:00pm	4	\$100	\$150
Adult Beginner	Saturday	11:30am	12:00pm	4	\$100	\$150

For additional information, call the club at 508.481.1797 or email Aquatics@WaysideAthleticClub.com.

80 BROADMEADOW STREET, MARLBOROUGH, MA 01752

WaysideAthleticClub.com