



# ADULT SWIM LESSONS

## Spring 2025

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### Fridays w/ Gwen

**Session Dates -**  
**Fridays: May 2 - June 13 (No Class May 23)**

**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, they will help you improve your swimming techniques and teach all different strokes.

Gwen has the unique ability to take a class of 4-6 students and meet each student where he/she is at. Her 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, Gwen are the adult swim lesson teachers that you want working with you!

Each class meets one time per week for 30 minutes for 6 - 7 weeks. Students will be notified of any class cancellations due to 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/ Intermediate	Friday	6:00pm	6:30pm	6	\$140	\$200