



ADULT SWIM LESSONS

2025-2026 Session #3

Fridays w/ Gwen
Saturdays w/ Louise

Dates - January 9 - February 14, 2026
(No Classes January 18)

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

They have the unique ability to take a class of 4-6 students and meet each student where he/she is at. Their 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!

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-Member Fee
Adult Beginner/ Intermediate	Friday	6:00pm	6:30pm	6	\$144	\$204
Adult Beginner	Saturday	12:00pm	12:30pm	5	\$120	\$170

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