

Teen/Adult Lessons: Ages 15 and Up

Learning to swim at any age is important! These classes are specifically designed to make older teenagers and adults comfortable and proficient in the water. Swimmers will learn water safety basics and progress through a curriculum grounded in the competitive strokes of swimming to feel confident in the pool. These lessons will help swimmers ages 15 and older of all abilities.

- Class Duration: 45 Minutes
- Cost: \$37 per Class
- Ratio: 4-5 Students per Instructor