

Kids

SWIM FOR FITNESS

This isn't your typical swim lesson!

WHAT'S IT ABOUT?

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.

- 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

5:30-6:30pm

M: \$60 | M: \$75
Per Training Block

Training Block 1

January 15th
January 16th
January 22nd
January 23rd
January 29th
January 30th

Training Block 2

February 19th
February 20th
February 26th
February 27th
March 5th
March 6th



**SCAN
HERE**
FOR MORE INFO.



THE REC