

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 | NM: \$75
Per Training Block

Training Block 2

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

Training Block 3

March 26th
March 27th
April 2nd
April 3rd
April 9th
April 10th



**SCAN
HERE**
FOR MORE INFO.



THE REC