



- Overcome your fear of the water
- Learn new skills
- Improve your fitness
- Burn calories
- Become more confident in an aquatic environment

Adult Swim Lessons

For Beginners and Intermediates

Wednesdays 6:00 - 7:00pm



Members	\$10
Non Members	\$40

FOR REGISTRATION, PLEASE CONTACT
ARLEY MORTON IN AQUATICS
914-739-7755 EXT.115
ajmorton@premierathletic.com