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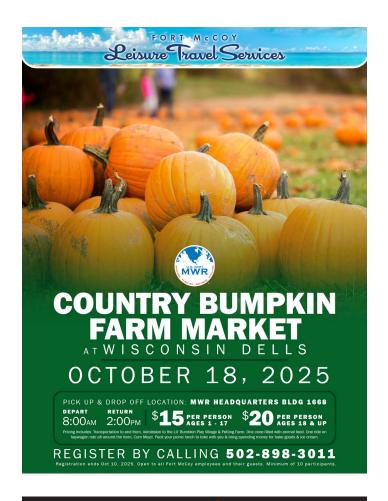
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# 8 WEEKS BEGINNING SEP 23, 2025 RUMPEL FITNESS CENTER

### TUESDAYS -

4:00 - 4:30 pm: Parent & Child Aquatics (Parents are in the water with their children. Ages 0-4.)

#### THURSDAYS :

4:30 - 5:00 pm: Adult Beginner

## SATURDAYS —

10:00 - 10:30 am: Youth Level 1 (Must be able to touch bottom of 3'6" shallow end)

10:35 - 11:05 am: Youth Level 2 (Learning swim strokes and building confidence in the water.)

#### SUNDAYS :

11:00 - 11:30 am: Youth Level 3 (Fine tuning swimming strokes, building endurance, and learning to dive.)

11:35 am - 12:05 pm: Youth Level 4 (Stroke refinement and learning dives and kick turns)

## PRIVATE LESSONS

Want a more personalized swim experience? Our private lessons are customized to match your skill level. Availability depends on instructor schedules. Call us for more information.

One 30 Minute Lesson: \$35 MIL \$40 CIV Three 30 Minute Lessons: \$85 MIL \$90 CIV

## CALL **502-898-2290** TO REGISTER









