



MENTOR COMMUNITY RECREATION CENTER

ADULT SWIM LESSONS

Adult Learn-to-Swim Instruction

Mondays: 6:00pm – 6:45 pm August 26 – October 14

Mondays: 6:00pm – 6:45 pm October 28 – December 16

\$40 per session of 8 classes (members) \$50 (nonmembers)

Min to run class #4; Max in each class #8

This class is designed to assist adults of all swim levels to set personal goals and achieve those goals. If you are getting over fears, swimming for the first time, or learning a new stroke, this class will provide you with a personalized plan to help you learn the skills necessary to reach your goals.

Adult Stroke Technique

****No Class November 30****

Saturdays: 10:30 am - 11:15 am October 26 – December 21

\$40 per session of 8 classes (members) \$50 (nonmembers)

Min to run class #4; Max in each class #8

This class is designed to assist adults in refining skills needed to swim more efficiently. Improve endurance and learn to circle swim, streamline off turns, do flip turns, learn to dive and improve breathing techniques necessary for more confidence in swimming laps.