

# Summer ADULT SWIM LESSONS



## Adult BEGINNER

**3 weeks: July 14 – 28 th**

Wednesdays 6:00 – 7:00 pm

*Members: \$60*

*Public: \$100*

For those who are comfortable in the water, but do not know how to swim. Basic swimming skills will be taught including breathing techniques, floating, treading water and the fundamentals of the front crawl stroke and a basic backstroke. Summer classes are one full hour.

*Class is kept small for individual attention.*

## Adult THREE STROKE CLINIC

**3 weeks : July 14 – 28th**

Wednesdays 6:30 – 7:30 pm

*Members: \$60*

*Public: \$100*

For those that know some basics swimming strokes and want to improve their technique, vary their workout and learn 3 different strokes. Each week will focus on one stroke. July 14 (Front Crawl), July 21 (Backstroke) and July 28 (Breaststroke). Each class is one full hour.

*Limited Space*

*Bring goggles to all classes. Bathing caps are optional*

**Class Instructors: Sandy Sauta and Meaghan Valliere**

For any additional information call 978-537-8387 x500 or

[ssauta@orchardhillsathleticclub.com](mailto:ssauta@orchardhillsathleticclub.com)

**Register NOW at Front Desk**

**Payment due at time of registration.**