



Introduction to Lap Swimming

Starting the first week of October

When: Wednesdays & Thursdays: Drop-in between 9am to 10:30am (come for part or all of the class)

Fee: \$7

Where: This class will be held in shallow lanes and one deep lane (if you choose to swim in the deep water)

What you can learn:

- Lap swim etiquette
- Pool protocol
- How far to swim for fitness
- Strokes/technique
- How far am I swimming: Length vs lap
- Drills and their purpose
- Intro. to Adult Fitness
- Information on how to find the appropriate lane to swim in
- Where to get swim basics; suit, cap goggles at a reasonable price