

aquatics

at the
Sabes JCC



Swimming Lessons For Adults

LESSON TIME OPTIONS (choose one):

Tuesdays at 12:00 PM

Wednesdays at 12:00 PM

Wednesdays at 5:00 PM

Minimum registration of 2 individuals for class to run. Other times can be scheduled as requested.

WHERE: Sabes JCC

COST PER MONTH: \$45; \$35 Member Value Price

Enrollment is setup on a month-to-month basis.

The Sabes JCC offers adult swim lessons through an innovative, learn-at-your-own-pace swim program. Our program gives adult swimmers at every level the opportunity to improve their skills in a safe environment – and under the guidance of a trained instructor. The JCC is currently offering two (2) adult levels:

BEGINNER: No prior swim experience required. Working on shallow-end water adaptation, treading water and breath control.

INTERMEDIATE: Emphasis on improving performance in swimming. Increase endurance, work on rhythmic breathing, front crawl and backstroke.

To register, please contact Mikaela Bagley at 952-381-3422 or mbagley@sabesjcc.org.

sabesjcc.org



sabes jcc
minneapolis