

aquatics

at the  
Sabes JCC



# Mermaid Class for Adults

**DATES/TIMES:** July 10 @ 5 PM • July 21 @ 4 PM  
July 26 @ 8 AM • August 2 @ 8 AM

**LOCATION:** Sabes JCC

**COST:** \$33 • \$25 Member Value Price (per class)

*\*Tail provided for class. Tails available for purchase at an additional price.*

Did you always dream of being a mermaid or merman as a kid? Now is your chance! A trained mermaid instructor will teach safe fin use and proper breathing while swimming. Mermaid swim sessions incorporate movement skills, fitness, pool entries and exits, dolphin dives, spins, turns, and tricks. This is a great exercise to work your abs and get a workout without the sweat!

**Prerequisites:**

- Be comfortable in deep water
- Swim 25 yards in any manner

For more information contact Mikaela Bagley at [mbagley@sabesjcc.org](mailto:mbagley@sabesjcc.org).

[www.sabesjcc.org](http://www.sabesjcc.org)



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