

Swimming lessons



We feel everyone needs to be safe in the water

Swim lessons will not only benefit you physically, but can also positively impact you psychologically. Swimming lessons are offered once a week, on Tuesday evening. A minimum of two participants is required for recurring group lessons. Private lessons are also available.

Swim Beginner: Children will be taught to be comfortable in the water and increase their independence and confidence. They will be taught to hold their breath under water and will build up to being taught to swim short distances on their own. Strong focus on safety skills and fun!

Swim Junior: Children will start out learning basic swim and safety skills, and work their way up to intermediate/advanced skills. They will learn to swim 5-10 feet independently and also basic floats for safety. Basic swim styles, treading water, backstroke basics and proper breathing will also be taught.

Details

- Limited to Hancock Wellness Center members only
- 10% discount for second sibling
- Each session is 30 minutes long

Lesson information

Group lessons – \$60 per month (join any time)

Swim Beginner* . . . Every Tuesday, 7-7:30 p.m.

Swim Junior Every Tuesday, 7:30-8 p.m.

**For the Swim Beginner classes, parents may need to be in the water with their child.*

Private lessons – Please speak with a representative to schedule

Three sessions \$75 | Six sessions \$140 (A savings of \$10)

(317) 468.6100
888 W New Rd
Greenfield, IN 46140

 **ancock**
Wellness Center

www.HancockWellness.org

