

Adult Group Swimming Lessons

February/March 2010

**Swimming is a skill
every person should learn.**

The time is now!

**Don't limit the
water sports
you can do in
your lifetime.**

**6 weeks of lessons with
AM and PM options!**

**Beginners &
Advanced Beginners
will be categorized
during the first lesson
for maximum efficiency.**

**Equipment: Requirements:
Suit, Goggles & Cap**

Lakeshore

FLATIRON

ATHLETIC CLUB

- Registration forms across from the front desk.
- Contact person: Wendy Prystupa
303-729-2556