



Adult Swim Lessons

Learn the basics

Sept 5-19, 2018

(No Class Labor Day-Make-up date is Friday, Sept 7)

Mondays and Wednesdays

7:20-8 p.m.

This class will focus on front stroke, back stroke, breast stroke, side stroke and treading water.

Everyone should be comfortable in the water and unafraid to put their face in the water.

Cost: \$55 members/\$70 community

Registration required by August 5.

Minimum of 4 participants/Maximum of 8 participants

To register visit our website: www.firsthealth.org/swim

Questions please contact: Corrie Dodds at 715-1841

FirstHealth Fitness – Pinehurst
170 Memorial Drive, Pinehurst, NC 28374

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