



# Adult Swim Lessons

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**Learn the basics**

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**October 1-17, 2018**

**We will have class on Columbus Day**

**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](http://www.firsthealth.org/swim)

Questions please contact: Corrie Dodds at 715-1841

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

**FirstHealth**

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