

Aquatics Academy

The Vicenza FMWR Sports, Fitness and Aquatic Academy is offering the following courses:

Summer Semester Classes

Master Swim Clinic

The program will meet three times week. The swimmers will work on stroke techniques and be introduced to training program. Prerequisites: The swimmers are efficient in freestyle, backstroke and breast stroke.

Date: June 15-July 24

Meets: Tuesdays, Thursday & Saturday

Times: 6:45-7:30 a.m. & Saturday 09:45-10:30 a.m.

Cost: \$45.00

Ages: 18 and up

Water Safety Instructor Training (WSI)

The course will provide you the knowledge and skills to teach swim lessons for all ages. Completion of the course the students will receive American Red Water Safety Instructor certification.

Dates: June 4-7

Meets: Fri. 4:00-10:00 p.m., Sat & Sun. 9:00-6:00 p.m.
Mon. 4:00-10:00 p.m.

Cost: \$140.00

Ages: 16 and up

Guard Start

A program for youth that provides a foundation of aquatic and leadership knowledge, attitudes and water safety skills for future successful completion of the American Red Cross Lifeguarding courses.

Dates: July 13-16

Cost \$80.00

Ages: 10-14

Safety Training for Swim Coaches

To provide training in aquatic safety for competitive swim coaches and officials, athletic trainers, athletes participating in aquatic activities, aquatic exercise trainers, and other individuals involved in aquatic competition.

Dates: August 21

Meets: Saturday 9:00-5:00 p.m.

Cost: \$70.00 includes materials

Ages 16 and up

Adult Intermediate Swim Lesson

The class is for the swimmer who can swim to length of pool wants to learn more. The students will learn the basic strokes technique in the freestyle, backstroke, and breaststroke.

Dates: Session 1 June 15-July 14

Session 2 July 22-August 19

Meets: Tuesday and Thursday 5:45-6:30 p.m.

Cost: \$45.00

Ages: 18 and up

Sign up for classes at the Post Fitness Center.
For more information, contact David Besuden at 634-6536.

