

# Aquatics Academy

The Vicenza Family and MWR Sports, Fitness and Aquatics Academy is offering the following courses:

## Spring 2011 Semester Classes



### Adult Beginner Swim Lessons

It's never too late! Come learn the basics that will help you feel comfortable and safe in the water.

Dates: Session 1: Mar 29-Apr 21

Session 2: April 26-May 19

Meets: Tues and Thur 5:45-6:30 p.m.

Cost: \$45

Ages: 18 and up

### Adult Intermediate Swim Lessons

Can you swim the length of pool but want to learn more? Take the Intermediate class to learn the basic freestyle stroke techniques.

Dates: Session 1: Mar 30 - April 22

Session 2: April 27-May 20

Meets: Wed and Fri 5:45-6:30 p.m.

Cost: \$45

Ages: 18 and up

### Lunchtime Advanced Swim Clinic

In this advanced clinic, you will refine your strokes, work on endurance and flip turns.

Dates: Session 1: March 23 & 30

Session 2: April 6 & April 13

Session 3: April 20 & 27

Meets: Wednesdays 12:15 p.m.

Cost: \$10

Ages: 18 and up

### Master Swim Clinic

Looking to "Master" swimming? This ongoing swim clinic meets three times per week to improve your stroke technique, conditioning and endurance. Prerequisites: Swimmers proficient in freestyle, backstroke and breast stroke.

Dates: Ongoing

Meets: Tuesday, Thursday & Saturday

Times: 5:30-6:30 p.m. & Saturday 9:30-10:30 a.m.

Cost: \$25 Quarterly

Ages: 18 and up

### Lifeguard Training

Get certified and open the possibility for a summer job working as a lifeguard. Prerequisite: Must be able to swim 300 meters.

Dates: Session 1: April 7-11

Session 2: April 28-May 1

Meets: Thur/Fri evenings; Sat/Sun all day

Cost: \$65

Ages: 18 and up



Sign up for classes at the  
**Post Fitness Center**



For more information, contact the pool at 634-8642.