



Sanford Swim Lessons ■ October 28 – November 14, 2024

Member (\$70) Guest (\$85)

Registration: October 21

We do everything we can to offer as many classes as possible to accommodate participant demand. There is a minimum of 4 students required to hold a class. If we do not meet the requirement, we may need to combine classes in which case you will be notified and may need to switch to a different time.

Adult Swim Lessons: Learn the Basics

Only 4 adult classes (Oct 28, 31, Nov 4, 7) - 45 minutes

Ages 13+

This class will focus on front crawl, backstroke, breaststroke, sidestroke, and treading water.

Child Swim Lessons: Beginner Classes for Age Groups 3-5 (PS Level) and 6-12 (LTS Level)

To register: www.firsthealth.org/swim

Questions: Call Nick (910) 715-1841 email: naphillips@firsthealth.org

Mondays / Thursdays

5:30 – 6:00		
Level	Ages	Instructor
Special Needs Class	5-12	Stacie
6:00 – 6:45		
Level	Ages	Instructor
Adult Class	13+	Stacie

Tuesdays / Thursdays

4:30 – 5:00		
Level	Ages	Instructor
PS Level 1-2	3-5	Jared
5:00 – 5:30		
Level	Ages	Instructor
LTS Level 1-2	6-12	Jared

FirstHealth

FITNESS