

LEARN to SWIM

REGISTER NOW FOR LESSONS AT ENERGY MIDTOWN

NEW SESSION START DATES

SEPTEMBER 8th • SEPTEMBER 27th

PRESCHOOL AQUATICS for Ages 3-5 Yrs

Levels 1, 2 & 3 Available

Helps children gain basic swimming skills & greater independence in skills.

LEARN TO SWIM for Ages 6-12 Yrs

Levels 1, 2 & 3 Available

Helps participants feel comfortable in water & works on fundamental skills with additional guidance in deeper water.

PARENT & CHILD AQUATICS for Ages 6 months –3 Yrs

Familiarizes young children to the water & prepares them to learn to swim in upper level program.

PRIVATE & SEMI-PRIVATE Lessons

Available for All Ages

Monday—Saturday by Appointment. Evening Lessons Also Available.



**American
Red Cross**

Call 443-PLAY to Register

Class changes may be made with prior authorization only. No refunds.

Paducah Area Chapter



3425 Oak St • Off Berger Road

Debbie Wagner, Water Safety Instructor

www.energyfitnesspaducah.com