



ENERGY MIDTOWN SWIM LESSONS

Register TODAY!

Session One: April 12th-April 21st
Session Two: April 26th-May 5th

PRESCHOOL AQUATICS for Ages 3-5 Yrs

Levels 1 & 2

Orients children to aquatic environment; helps gain basic skills & greater independence in skills.

Levels 2 & 3

Helps children start to gain basic swimming propulsive skills to be comfortable in & around water.

LEARN TO SWIM for Ages 6-9

Levels 1 & 2

Helps participants feel comfortable in the water & works on fundamental skills.

Levels 2 & 3

Builds on skills in Level 2 through additional guided practice 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 programs.

PRIVATE & SEMI-PRIVATE Lessons Are Available

Tuesdays—Thursdays—Saturdays by Appointment
Evening Lessons Also Available



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Debbie Wagner, Water Safety Instructor

www.energyfitnesspaducah.com