



SWIM LESSONS

Register Now for New Session Start Dates

July 5 & July 12

PRESCHOOL AQUATICS for Ages 4-5 Yrs

Levels 1 & 2: 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

PRIVATE & SEMI-PRIVATE Lessons Available for ALL Ages

Monday—Saturday by Appointment.

Evening Lessons Also Available

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



American Red Cross

Paducah Area Chapter

Call 443.PLAY To Register



3425 Oak St • Off Berger Road

Debbie Wagner, Water Safety Instructor

www.energyfitnesspaducah.com