



Adult Swim Lessons

Learn the basics

June 20-29, 2022

**Mondays, Tuesdays & Wednesdays
7:15-7:45 p.m.**

This class will focus on front stroke, back stroke, breast stroke, side stroke and treading water.

Everyone should be comfortable in the water and unafraid to put their face in the water.

Cost: \$65 members/\$80 community

Registration required by June 19

Minimum of 4 participants/Maximum of 6 participants

To register visit our website:

<https://www.firsthealth.org/fitness/my-account>

Questions please contact: Corrie Dodds at 715-1841

FirstHealth Fitness – Pinehurst

170 Memorial Drive, Pinehurst, NC 28374

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