

Adult Group Lessons

For all ages and abilities



Adult learners may be summoning their courage after years of 'wanting to swim' but not taking the plunge. Some adults can get across the pool but not without being winded or having their form deteriorate. And others have been swimming for years but want to improve their technique or fitness. We offer adult group lessons for all ability levels.

Adult Beginner No experience necessary. Participants gain basic aquatic skills, work to increase comfort level in the water, practice breathing methods, floating, and gliding through the water.	Tuesdays, Oct 24-Dec 5 (No 11/21) 6:00-6:45pm Essex, Morse M \$80 / NM \$115
Adult Advanced Beginner Must be able to swim 15 to 25 yards any stroke. Comfortable with face in the water and floating on the front and back. Swimmers will gain basic aquatic skills and swimming strokes. Participants will experience breath control, buoyancy and moving through the water and also learn rotary breathing for the front crawl.	Thursdays, Oct 26-Dec 7 (No 11/23) 6:30-7:15pm Essex, Morse M \$80 / NM \$115
Adult Intermediate Participants must be comfortable in chest-deep water, be able to put their face in the water and perform strokes recognized as front crawl, breaststroke and back crawl for 15yds. Participants will improve proficiency in aquatic skills and strokes.	Wednesdays, Oct 25-Dec 6 (No 11/22) 5:30-6:15pm Essex, Morse M \$80 / NM \$115

* Contact rodneyc@edgevt.com. To register call 802-879-7734 ext 2

** No refunds or makeup classes are offered unless canceled by the Edge. The Edge reserves the right to combine class levels or cancel swim lessons due to low enrollment up to two days in advance.

*The Edge offers private instruction for adults, arranged around family and work schedules. Purchase a 4, 6 or 8-pack of 30-minute **Private Lessons**. (see flyer)*

*Interested in a swim workout that combines interval training, rigorous sets and technique work? Try the **Adult Swim Workout** at South Burlington or the **Masters** program at Williston. (see flyer)*