



APRIL IS **ADULT LEARN TO SWIM MONTH**

Dive in for Adult Learn to Swim Month during the month of April!

We have partnered with the Swimming Saves Lives Foundation (SSLF) and US Masters Swimming (USMS) to host a month of free 30 minute swimming lessons for adults wanting to learn to swim, looking to gain confidence in the water or to increase their current swim skills. Lessons will be taught by trained volunteer Masters swimmers who are looking for a way to give back to the community and share their passion for the water with others and overseen by our amazing Swim Staff.

Swim Levels Include:

- **Afraid:** Getting comfortable with moving in the water
- **Beginner:** Freestyle/Backstroke basics
- **Stroke development:** Breath control, Freestyle/backstroke fine tuning, becoming a "Masters Swimmer" etc.

OPEN TO MEMBERS & NON MEMBERS - FREE!

Due to high attendance, reservation is mandatory. Must be 18 years or older to participate. New swim clients will receive priority.

Please register with Name, E-mail, Phone Number, Club, Member Number (if applicable), Desired Time and Swim Level

RSVP TODAY!

Please contact alts@sportandhealth.com or see your Aquatics Director.

ENJOY FREE LESSONS!

DID YOU KNOW?

- Almost 40% of American adults cannot swim the length of a pool.
- 10 people drown every day in the US.
- The majority of unintentional drowning victims are adults.
- Drowning ranks fifth among the leading causes of unintentional injury death.