

Teen Stroke Improvement, Winter 2020

Aquatics

An opportunity for teens who are interested in improving their swimming skills while expanding their healthy lifestyle choices and fitness options. Teens work directly with instructors to set learning goals. This program focuses on the development of swimming skills, social skills, self-confidence and leadership skills. Come and join the fun!

Session Dates → Fridays: January 10 to March 6 (9 weeks)

Time → 6:30 p.m. - 7:15 p.m.

Cost → \$234.00 + HST

Pre-requisites → Red Cross Swim Kids level 5 (or equivalent) or higher

Group outing to Centre Island at the end of our Spring, 2015 session



Online registration begins Monday December 2 at 6:30p.m.