

# Teen Stroke Improvement, Fall 2019

## 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: September 27 to December 6 (11 weeks)

**Time** → 6:30-7:15 p.m.

**Cost** → \$286.00 + 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 Wednesday September 4 at 6:30pm.**