

# Harbor Point Yacht Club

## Swim Instruction and Water Aerobics

### Children's Beginners Swim Lessons

5 –7 Years Old

Mondays & Wednesdays, July 6, 8, 13, 15, 20, & 22

12:00—12:45 p.m.

8-10 Year Olds

Mondays & Wednesdays, July 6, 8, 13, 15, 20, & 22

1:00—1:45 p.m.

Members' children and grandchildren only.

Bring sunscreen, towel, drinks, and snack.

Cost: \$50 for the entire session. Class limited to 5 children.



### Adult Swim Lessons Ages 18 and Over

Mondays, July 13, 20, 27, & August 3

6:00—6:45 p.m.

Members only. Cost: \$100 Class limited to 10.

### Water Aerobics for Adults Ages 18 and Over

Wednesdays, July 15, 22, 29, & August 5

6:00—7:15 p.m.

Members only. Class size limited to 10.

Cost: \$20. per class or \$45 for all dates. It is recommended that participants wear water shoes or clean tennis shoes while taking these classes due to the slippery bottom of the pool.



**About the Instructor:** Karen Dickson, a member of HPYC, is a Water Safety Instructor (WSI) and has been instructing for numerous years. She has worked with children and adults of all swim levels.

All lessons and water aerobics will be offered at the HPYC pool. For more information and/or to register for classes, please contact Lotie Fleming at (618)709-3294 as soon as possible. If sessions fill quickly, we will give consideration for additional classes.