

ADULT GROUP SWIM SESSION

January 20 – March 9

Adult Beginner

No experience in the aquatic environment at all.

Mondays, 6:45–7:30 p.m.

Adult Experienced

Capable of swimming alone but need assistance in stroke development and technique.

Thursdays, 6:45-7:30 p.m.

Maximum of 6 participants per class.

Cost: \$85 Members, \$135 Non-Members

ACCEPTING ALL REGISTRATION DECEMBER 30

VIP Registration* - December 30–January 5

VIP includes participants enrolled in the current session.

For more information or to register, please call
(518) 867-8920 or visit the Member Service desk.



Fitness ConnectSM
at the Ciccotti Center 