



SEALS at LifeStyles, Bath

Come swim with us!

Tuesdays and/or Thursdays | 6:45 - 8 p.m.
November 4 - December 19 (No class Nov. 26 or 28)

Have you completed American Red Cross Level 4 swimming and ready to take your skills to the next level?

At SEALS (Swimming Elite At LifeStyles), you will continue to learn and hone your freestyle, backstroke, breaststroke and butterfly in a fun non-competitive environment. We focus on fitness and competitive swimming skills.

We will begin each lesson in KidStyles with a dry land warm-up and cross training session, including team building games and fun. Each lesson will have approximately 20 minutes in KidStyles and 50 minutes in the pool.

Each swimmer can choose to attend either Tuesday or Thursday only, or attend both sessions each week.

1-Day

Members: \$45 Guests: \$75

2-Day

Members: \$75 Guests: \$105

Register at the front desk.

Questions? Contact Melissa at eversm3@ccf.org or 330.665.8131.