

# ADULT SWIMMING LESSONS

Group & private swimming lessons | Open to Members & Non-Members

VENT Fitness Latham offers adult group swimming lessons for all skill levels.

Everyone deserves to learn basic water safety skills the right way, and have a fantastic experience that teaches them to love the water! We teach small group lessons (max of 4) using a progressive curriculum.

Private lesson available upon request.

SESSIONS

Session	Registration Opens	Session Dates
Fall A	9/6/24	10/4 - 11/15
Fall B	10/11/24	11/22 - 1/3

*\*If 3 or fewer participants are registered for a time slot, class will be canceled.*

10/4 - 11/15  
Fridays

**Beginner:**  
6:30 - 7:00 pm

**Intermediate:**  
7:00 - 7:30 pm

**Advanced:**  
7:30 - 8:00 pm

Fall A

11/22 - 1/3\*  
Fridays

**Beginner:**  
6:30 - 7:00 pm

**Intermediate:**  
7:00 - 7:30 pm

**Advanced:**  
7:30 - 8:00 pm

Fall B

\*No Lessons 12/27

SPACE IS LIMITED!

\$96 members  
\$138 non-members  
*includes 6 lessons per session*

QUESTIONS?

Email [dlaflamme@ventfitness.com](mailto:dlaflamme@ventfitness.com)



FALL 2024

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[ventfitness.com/swimming-lessons/](https://ventfitness.com/swimming-lessons/)

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