

Swim~Nastics

Best of both worlds!

Four hours a week of exercise! Let your child do gymnastics for 30 minutes then come over to the learn-to-swim and swim for 30 minutes four days a week Monday - Thursday .

Summer Sessions: Only \$100.00 per session.

Let Coach Sabrina work with your child in our gym using the F.A.S.S.T. system. This system uses Flexibility, Agility, Strength, Speed and Timing to improve your child's developmental skills. They will need to wear their swim suit to gym class.

Then your child will come straight to swim lessons with our Swim America teachers. The Swim America system has 10 levels, each time they pass a level you will receive a gold sticker to add to their SA Certificates. They will be placed in classes which are skill and age appropriate for your swimmer.

Classes meet: Monday – Thursday, class limit 8 students

Gym 4:30 & Swim 5:00

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8 participants: ages combined at time of registration, divided by ages & skills for classes!

Preschool Ages: 3,4 and 5 years olds

Grade School Ages: 6, 7 and 8 year olds