



Adult Swim Classes

Spring Session 3: May 31st-June 21st

Session is \$40.00

Summer Session 1: July 12- Aug. 2

Session is \$40.00

Stroke improvement classes

Fridays 6:15-7:00 p.m.

**Are you preparing for a Triathlon?
Or would you like to just swim like you are
training for one?**

**Participants will be taught basic stroke
improvements to become a more
efficient swimmer.**

45 minute instructed lesson with same day
practice time included.

Adult Beginner class

Fridays 7:05-7:55 p.m.

**Do you want to swim more but aren't
quite comfortable in the water yet?**

**Participants will be taught basic
swimming skills.**

45 minute instructed lesson with same day
practice time included.

**Pre Registration Required. Registration starts now through the start of the first class, if space is
available. Classes filled on a first come first serve basis.**

**Register On-line at <https://vansd.org/propstra-aquatic-center/>
Or come in to register at Propstra Aquatic Center 605 N. Devine, 98661.**

For more information call 360-313-4953 or email cayenne.yarnell@vansd.org

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