

# *MerFit's Salish Sirenes*

*With Miss Lori*



This class is a fun core strengthening session that includes all the aesthetics of Mermaiding!

Join Lori in her water fitness adventure!

***February 19<sup>th</sup>-March 30<sup>th</sup> - \$55 for 6 classes***

***April 9<sup>th</sup> - May 28<sup>th</sup> - \$75 for 8 classes***

***Tues./Thurs. 6-7pm.***

**Participants must be able to do the following:**

- ❖ **Swim 25 meters on front**
- ❖ **Swim 25 meters on back**
- ❖ **Roll comfortably front to back**
- ❖ **Recover to a vertical position**
- ❖ **Tread in deep water**
- ❖ **Dolphin kick**