



MERLINGS!



Join us for our **NEW** Merlings class starting **February 19th 6-7pm!**

Guppy Class – Includes monofin & skin rental

Tuesday's & Thursday's 6-7 pm.

Session #1: February 14-28 (5 Lessons - \$75)

Session #2: March 5-21 (6 Lessons -\$90)

Register Today!

Pre-Requisite:

Must be 7+ years

Must have LTS 3 Swimming abilities

Course Outline:

Swimmers will learn many variations of dolphin kick and movements through the water including

- ❖ Synchronized swimming techniques
- ❖ Swimming with monofin & skin
- ❖ Mermaid tricks & flips
- ❖ Underwater hoops
- ❖ Breathing techniques
- ❖ Endurance, cardio & speed
- ❖ Swimming with the “Islands of Sirens” Mermaids!