



Merlings classes are for children ages 3+. Swim with a REAL Merman or Mermaid while learning fun underwater tricks and swimming skills in your lessons.

MerPups~ Ages 3-6: Mermaid Experience in water, includes Mermaid swim legging rental. Monday & Wednesday 12:15-12:45 pm. Two ~ 30 min classes. Fee: \$25 per session.

Guppy~ Ages 7+: Beginner Mermaid Class (LTS 1&2), includes fin & skin rental. Mondays & Wednesdays 12:15-1 pm. Four ~ 45 min. classes Fee: \$60 per session.

Goldfish~ Ages 7+: Beginner Mermaid class (LTS 3&4), includes fin & skin rental. Tuesdays & Thursdays 6:15-7 pm. Four ~ 45 min classes. Fee: \$60 per session.

Session #1: July 8-18

Session #2: July 22- August 1st

Session #3: August 19-29



Guppy & Goldfish Course Outline:

Merlings will learn many variations of dolphin kick and movements through the water. Mermaid Games and other adventures including:

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