

ADULT GROUP SWIM LESSONS



**JANUARY 6TH - FEBRUARY 11TH
TUESDAYS, 3:00 - 3:30 P.M.**

Whether looking for a group with similar swim experiences, or a lack thereof, adult swim lessons are terrific for those looking to learn and refine their swimming skills!

Summer lessons meet 2x weekly for 30-minutes and include instruction in:

- Proper kicks, glides, floats and strokes.
- Refining skills to use energy in the water more efficiently.
- Building confidence when swimming, especially with children, grandchildren and great grandchildren!
- Increasing water safety and how to get more benefits from swimming.

\$60 Members | \$100 Non-members | Sign up online or at the front desk

FOR MORE INFORMATION Contact Julie Gipson

402.413.4016 | jgipson@madonna.org



**MADONNA
REHABILITATION**
Wellness Club

7111 Stephanie Lane | Lincoln, NE 68516 | 402.420.0000

wellnessclub.madonna.org