

**\*IMPORTANT! KEEP THIS ALL SEASON!\***



## Paralympic Swimming

Come learn basic swim skills in a small group lesson. This program is designed for individuals with a primary visual impairment or physical disability. **The goals of this program are learn safety skills, gain confidence in and around the water, develop motor skills and meet new friends all while learning to swim in a fun-filled way.**

<b>Program Leader:</b>	Mary Kay Bakken
<b>Program Liaison:</b>	Alex Redenius alexr@fvsra.org
<b>Location:</b>	VAC Competition Pool
<b>Date(s):</b>	Fridays, Feb10-May 11
<b>No Program Dates</b>	Mar 30, Apr 6
<b>Time:</b>	6:15pm-7:00pm
<b>Program Code:</b>	312-8502-2-4

<b>Location</b>	<b>Pick Up</b>	<b>Drop Off</b>
<b>If meeting at the Site,</b>	6:15pm	7:00pm

**Notes:**

- Please be dressed and ready to get in the pool at the start of the program.

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