

IMPORTANT! KEEP THIS ALL SEASON!



Swim Lessons

FVSRA instructors have experience working with people who have a variety of needs who want to improve water skills. The goals of this program are to learn safety skills, gain confidence in and around the water and develop motor skills while learning to swim.

Program Liaison:	Alex Redenius alexr@fvsra.org
Location:	Vaughan Athletic Center Delnor Health and Wellness Rush Copley

Notes:

- Please call Alex Redenius at the FVSRAS office (630.907.1114) at 7:30am on the following days.
 - Vaughan Athletic Center: Monday, January 23rd, 2012
 - Rush Copley: Tuesday, January 24th, 2012
 - Delnor Health and Wellness: Wednesday, January 25th, 2012
- This is the only way to secure a time slot for personal training.
- Lessons will be scheduled in 30 minute intervals on a first-come, first-served basis.
- If a participant is unable to attend a session for any reason, that session will not be rescheduled or refunded.
- See page 30 in the FVSRA Winter/Spring 2012 Brochure for more information.

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