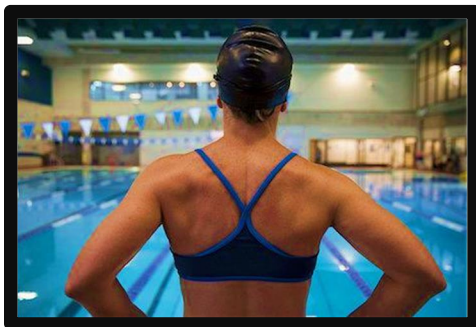
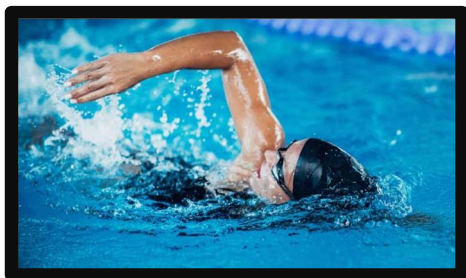


UAH AQUATICS

THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

2020 ADULT SWIM LESSONS



SCHEDULE:

Beginners: Tuesdays, 6:00pm – 7:00pm:

(students will work on basics of freestyle and backstroke, sidebreathing, and floating unassisted)

Intermediate: Thursdays, 6:00pm – 7:00pm:

(students will work on technique for freestyle and backstroke and efficient sidebreathing. A prior knowledge of freestyle is encouraged for this class.)

SESSIONS:

Session 2: March 24th thru May 14th

*(*register for this session from 2/13 – 3/24)*

Session 3: June 2nd thru July 23rd

*(*register for this session from 4/2 – 6/2)*

Session 4: Sept. 8th thru Oct. 29th

*(*register for this session from 7/16 – 9/12)*

COST

***UFC MEMBERS:** \$50 per session

NON MEMBERS: \$80 per session

**must qualify for membership rate*

Cash, check, VISA, MC, and DISC accepted.

Payment is required at registration.

No refunds are given after second class. Classes missed due to severe weather or pool closings may be made up if schedule permits. Please check our website and social media for closing announcements and updates.

All of our instructors are professionally trained with years of experience in teaching and encouraging success at all skill levels.

For updates and announcements, please visit our website, www.uah.edu/recreation, and also our Facebook and Instagram pages (@universityfitnesscenter).



Contact UFC Pool @ 256-824-5528
500 John Wright Drive
Huntsville, Alabama 35899
www.uah.edu/recreation
(Located on UAHuntsville Campus)

