

FOR IMMEDIATE RELEASE

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Adult Swimming Instruction Offered in Lava Hot Springs

LAVA HOT SPRINGS, ID, January 12, 2012 – Rocky Mountain Masters and the Lava Hot Springs Foundation will offer adult swim clinics at the Indoor Aquatic Center on Thursday evenings from 7:00-8:00pm starting February 2. The classes will be offered through the spring.

Classes will be taught by Kathleen Roberts who has 40 years of swim instruction experience including 10 years as Pocatello swim team head coach. Roberts specializes in teaching anxious swimmers but says classes will also provide an opportunity to “learn swimming from the basics up and a chance to improve the stroke mechanics.”

Coaching and instruction will be available for all levels of swimmers—from the true beginner to currently competitive. The goal is to increase aquatic fitness, confidence, and safety in local adults.

These clinics are recommended for adults who want to overcome a fear of water or need stroke instruction to improve current swimming skills. Roberts will also be able to help triathletes improve technique as well as provide ideas for lap swimming workouts. These classes are also a fit for teens who may feel too old for traditional swim lessons.

Classes are “drop in” for a cost of \$7 or purchase 8 weeks of classes for \$36. For those interested in swimming without instruction during this hour, the pool is available for lap swim for \$2 per person per visit. For additional information log onto LavaHotSprings.com or contact:

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