

“I’ve always wanted to be a better swimmer...”

Adult Swim Clinics

Coaching & instruction available for all levels of swimming ability—from true beginner to currently competitive

Recommended for those who...

- *Want to overcome a fear of water*
- *Need stroke instruction to add confidence to a fitness routine*
- *Are triathletes looking to improve technique*
- *Are teens who feel too old for traditional swim lessons*

**Lava Hot Springs’
Indoor Aquatic Center
Thursdays, 7-8pm
\$7 drop in
or 8 classes for \$36**

*Hosted by
Rocky Mountain Masters Swim Team
and the Lava Hot Springs Foundation*

**Questions? Contact Kathleen
(208) 339-6467 / katear51@hotmail.com**