

Total Immersion's Easy Freestyle @ The Kingston YMCA

Registration Now!

Total of 5 adult only lessons for....

Members: \$149.75

Non-members: \$195.00 (*includes YMCA membership
for this time period*)

Lesson Dates: July 16th, 23rd, 30th and Aug 6th, 13th
Thursdays from 7:00pm to 8:00pm

LIMITED SPACE



www.totalimmersion.net

Transform your swimming!

Total Immersion Freestyle has turned thousands of former strugglers into swimmers. If you tire easily, can't swim as far as you'd like – or would simply like to enjoy swimming more – our class will transform you!

Traditional instruction focuses on pulling, kicking and endless laps. TI teaches humans to swim like fish by teaching comfort, balance, and “slippery” positions. We start with simple movements and progress by small, easily-mastered steps. You'll feel the difference from your first lesson and get more satisfaction and enjoyment from every stroke that follows.

HAPPY LAPS!

