

### Winter Swim Program

Responding to the many requests we have had, Unity Square is now offering a winter swim program! This is for children and adults, all who are able to swim the distance of the pool without any assistance. Basic knowledge of all 4 strokes is preferred but not necessary. When we meet, there will be organized workouts to increase endurance and improve stroke technique and efficiency. This is perfect for individuals who are training for a triathlon, needing a little technical assistance or those summer swimmers who want to stay up with their training for the winter. Please keep in mind this is not a learn to swim class. This is for intermediate to advanced swimmers comfortable in the water looking to advance their swimming capabilities.

#### Fall Session

Dates: September 16<sup>th</sup> – December 11<sup>th</sup> (13 weeks, 25 classes)  
\*\*\*\*No class on 11/27 due to Thanksgiving\*\*\*\*

Times: Tues & Thurs  
3:30-4:30pm

Fees: \$69- member  
\$94- non member

#### Spring Session

Dates: March 10<sup>th</sup> – May 14<sup>th</sup> (10 weeks, 19 classes)  
\*\*\*\*No class on 3/12 due to no school\*\*\*\*

Times: Tues & Thurs  
3:30-4:30pm

Fees: \$53- member  
\$72- non-member