



## Private & Adapted Swim Lessons

### **One Swim Specializes in....**

- The Scared to Swim Swimmer
- Infant through Preschool Age
  - Survival Water Safety
- Adapted Aquatics (including but not limited to ASD)
  - Stroke Technique.

**The Lessons will be conducted at the Seven Hills Recreation Center.**

#### Summer & Fall Availability:

Monday from 4pm to 7:45pm

Wednesday from 4pm to 7:45pm

Saturday from 8am to 1pm

Sunday from 12pm to 2pm

**For more information or to register go to [www.ONESWIM.org](http://www.ONESWIM.org)  
Contact Jen with questions at [jen@oneswim.org](mailto:jen@oneswim.org)**