



**PHOENIX
Fitness & Aquatics**



Homeschool Swim Class

**To sign up
contact the
front desk @
(540) 465-9430**

The staff of Phoenix Fitness & Aquatics would like to welcome our Home School community with some exciting news. Swimming classes are finally available at the Strasburg pool. Signal Knob Recreation Center is under new management and eager to serve the community with a variety of new fitness and aquatics programs.

Class	Days/Times	Price	Description
Emerald	Tues./Thurs. 11:15am—12:15pm	\$50.00/ month	A beginning level designed to start young swimmers into the sport of swimming, emphasizing stroke & turn techniques.
Sapphire	Mon, Wed, & Fri. 11:15am—12:15pm	\$60.00/ month	An intermediate level the improves stroke & turn techniques as well as introduces swimmers to conditioning techniques.
Diamond	Mon, Wed, & Fri. 11:15am—12:15pm	\$70.00/ month	Provides advanced swimmers an opportunity to improve more rapidly.

***** Please note that swimmers will be able to choose the days they attend. All swimmers will be encouraged to attend class at least 2 days per week*****

**SWIM LESSONS ALSO
AVAILABLE FOR
12 MONTH – 10 YEARS OLD**



**DISCOUNTED FEES FOR 3rd +
CHILD – REGISTRATION HALF
PRICE, MONTHLY FEE HALF**

Swimmers will need to submit a registration form along with a \$60 registration fee. Registration fee is good for 1 year.