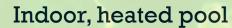
## Swim Lessons 2025

## Private Lessons:



- For kids aged 4+, and adults
- \$160 for five sessions (30 minutes each)
- Payment required with registration
- Lessons can help develop beginner level or improve advanced (competitive) swim abilities.
- Swim forms are on our website,
   www.navicenthealth.org/wellnesscenter
- Look for the SWIM tab the left side of the home page.
- The forms may also be picked up in person at The Wellness Center











Wellness Center

The Wellness Center 3797 Northside Drive Macon GA 31210 478-477-2300

WellnessServiceMacon@AdvocateHealth.org
Please email for more information or questions.