

IMFAST



NORTH VALLEY SWIM SCHOOL

Does your child love the water? Is your child ready to move up from private swim lessons, but you're not sure if swim team is the right fit? IMFAST, North Valley Swim School's pre-swim team program might be what your swimmer needs. Also a great opportunity for home school students to earn PE credit.



IMFAST

Details: Up to 7 students per group. 30 minute workouts.

Cost: \$40 per swimmer for 4 lessons.

\$80 per swimmer for 8 lessons.

Must be proficient in Freestyle and Backstroke with working knowledge of Breaststroke and Butterfly. Must be able to swim length of the Aquatics Pool unassisted.

NORTH VALLEY SWIM CLUB



IMFASTER

Details: Up to 7 students per group. 30 minute workouts.

Cost: \$40 per swimmer for 4 lessons.

\$80 per swimmer for 8 lessons.

Must know all 4 strokes. Class goal is to build endurance, become legal in all 4 strokes and begin learning turns and dives. Enrollment at instructors discretion.

NORTH VALLEY SWIM CLUB



IMFASTEST

Details: Up to 7 students per group. 30 minute workouts.

Cost: \$40 per swimmer for 4 lessons.

\$80 per swimmer for 8 lessons.

Must be able to swim the length of the Lap Pool in each stroke. Class goal is to build endurance and speed. Fine tuning strokes, turns and dives. Enrollment at instructors discretion.

NORTH VALLEY SWIM CLUB

Contact North Valley Swim School at 345-6707 for further information and registration details. Sign up online at InMotionFitness.net, click the NVSS link and follow the links to our registration site.



IN MOTION FITNESS

RESORT ♦ HEALTH CLUB ♦ CAFÉ
1293 E First Ave, Chico | 343-5678 | www.inmotionfitness.net