

Aquatics Academy

The Vicenza FMWR Sports, Fitness and Aquatic Academy is offering the following courses:

Spring Semester Classes

Master Swim Clinic

This clinic is for swimmers who want to improve their swimming strokes.

Date: March 23-April 15

8 sessions

Meets: Tuesdays and Thursdays

Times: 6-6:45 p.m.

Cost: \$45.00

Ages: 18 and up

Soldier Beginner Swim Lessons

Swimming is one of the 50 things that Soldiers should know how to do. Sign up and learn how to swim.

Date: April 6-29

8 sessions

Meets: Tuesdays and Thursdays

Times: 11:30 a.m.-12:15 p.m.

Cost: FREE for active duty Soldiers; \$45 for civilians

Water Safety Instructor Training (WSI)

This course is designed to teach you the skills needed to teach swimming lessons. At the completion of the course you will be a certified American Red Cross WSI.

Date: March 22-26

Meets: Every day

Times: 4-10 p.m. Mon.-Fri.

Cost: \$140.00

Ages: 16 and up

Beginner Adult Swim Lessons

Sign up and learn how to swim.

Date: Begins March 19

Meets: Wednesdays and Fridays

Times: 5:30-6:15 p.m.

Cost: \$45.00

Ages: 18 and up

Lifeguard Training

At the completion of the course you will have the skills to be a certified American Red Cross Lifeguard.

Date: April 18-25

Meets: Every day except Saturday

Times: 6:30-10 p.m. Mon.-Fri.; 1-5 p.m. Sun.

Cost: \$140.00

Ages: 16 and up

Sign up for classes at the Post Fitness Center.

For more information, contact David Besuden at 634-6536.

