

Swim Lessons

- Indoor, heated pool
- For adults and children 4+ years
- \$160 for five private sessions (30 minutes each)
- Payment required with registration before lessons begin
- 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



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

For info: access forms on website or stop by or email us
WellnessServiceMacon.@AdvocateHealth.org