

# Swim Lessons 2024

## Private Lessons:



- ◆ Indoor, heated pool
- ◆ 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](http://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
- ◆ [WellnessServiceMacon@atriumhealth.org](mailto:WellnessServiceMacon@atriumhealth.org)



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

For questions and scheduling, please email  
[maddiewhiterose@gmail.com](mailto:maddiewhiterose@gmail.com)