



## PHYSICAL FITNESS CENTER

For more info, 353-7223.  
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### SWIM LESSONS

#### LEVEL 1:

Saturday 7 January – 25 February 11:45 – 12:30 p.m.

8 lessons: \$25. Limited to 6 students.

No minimum age, child must be able to stand in 3.5 feet and be independent enough to follow instructions with 5 other children from one instructor.

#### LEVEL 3:

Saturday 7 January – 25 February 1 – 1:45 p.m.

8 lessons: \$25. Limited to 6 students.

No minimum age, child must be able to stand in 3.5 feet and be independent enough to follow instructions with 5 other children from one instructor. The child must be able to swim the length of the pool down and back and be able to tread water for 1 minute.

### 5 – 28 January

LEVEL 1: Thursday 5:30 – 6:15 p.m. and Saturday 11:45- 12:30 p.m.

LEVEL 2: Thursday 6:15 – 7 p.m. and Saturday 11:45 – 12:30 p.m.

8 lessons: \$25. Limited to 6 students.

No minimum age, child must be able to stand in 3.5 feet and be independent enough to follow instructions with 5 other children from one instructor.

Registration period: 29 December – 7 January or until class is full. All swim lessons are held at Melaven Gym. For more information, call 353-1999.



### VOLLEYBALL

The volleyball net will be up at the Physical Fitness Center for recreational play Sundays, 11 a.m. – 7 p.m. For more information, call the intramural director at 353-7294.