



PHYSIQUE AQUATICS PROGRAM
At the College of Saint Elizabeth
Offers Swimming Lessons for You, Kid!

We are inviting you and your friend to learn how to swim, to have fun and be safe in the water. No matter what level you are:

Beginner, Advanced or Intermediate

OUR SWIM SCHOOL HAS SOMETHING FOR YOU!

Session Dates:

Tuesday at 6:00, 6:30& 7:00p.m. Beg.1, Beg.2, Adv.1, Adv.2,

Teen's & Adult's Classes at 7:00p.m.

September 13 – November 1 (8 classes)

November 8 – December 20 (7 classes)

January 10 – February 28 (8 classes)

March 7 – April 24 (8 classes)

Thursday at 6:00, 6:30& 7:00p.m. Beg.1, Beg.2, Adv.1, Adv.2,

Swim Team Prep Class 45 min at 6:30p.m.,

Teen's & Adult's Classes at 7:00p.m.

September 15 – October 27 (7 classes)

November 3 – December 15 (6 classes, no class on 11/24)

January 12 – March 2 (8 classes)

March 9 – April 27 (8 classes)

**Saturday at 9:30, 10:00 & 10:30a.m. Beg.1, Beg. 2, Adv. 1, Adv 2,
AND**

Saturday at 4:00, 4:30 & 5:00p.m. Beg.1, Beg.2, Adv.1, Adv.2

September 10 – October 22 (7 classes)

October 29 – December 17 (7 classes, no class on 11/26)

January 14 – February 25 (7 classes)

March 4 – April 22 (7 classes, no class on 4/16)

Sunday at 3:30, 4:00 & 4:30 p.m. Beg.1, Beg.2, Adv.1, Adv.2,

Swim Team Prep Classes at 4:30p.m.

September 11 – October 23 (7 classes)

October 30 – December 18 (7 classes, no class on 11/26)

January 15 – February 26 (7 classes)

March 5 – April 23 (7 classes, no class on 4/16)

*All of the levels we are running at the same time – Beginner 1, Beginner 2,
Advanced 1, Advanced 2 at the Olympic size Swimming Pool*

Result Oriented Courses *Small Classes*Qualified Instructors

Space is limited, register now!

(973) 895 – 2865