

# Monroe Parks and Recreation Department

# Adult Swim Lessons

**Level 1-3 combined:**

This one-hour combined class supports adult swimmers at multiple skill levels. Participants will start with the basics and gradually build confidence, stroke technique, and endurance at their own pace. Emphasis is placed on water safety, skill development, and feeling comfortable and capable in the water.

**Mondays 3/2-4/6**

**All levels and skills Welcomed**

**Time: 7:15pm-8:15pm**

**Fees: \$85 R/ \$105 NR**

**Location: Masuk High School Pool**



**For more information or to register:**

**See: [monroerec.org](http://monroerec.org)**

**Email: [parksandrec@monroect.gov](mailto:parksandrec@monroect.gov)**

**Visit: Parks and Recreation Department**

**7 Fan Hill Road, Monroe, CT 06468**

**Call: 203-452-2806**

