



## **FITNESS AND AQUATICS CENTER**

30372 Eden Church Rd.  
Denham Springs, LA 70726

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### **PRIVATE & ADULT SWIM LESSONS**

- Classes are offered year-round for ages 3 and up
- There will be 6 lessons/ 30 minutes each
- Lessons can be scheduled at a time convenient for you between 9 am – 8 pm
- Lessons must be completed within a 2 week period, unless told otherwise
- Fee: \$120 for members; \$175 for non-members
- Swimmers must wear appropriate swim attire
- Parents are **NOT ALLOWED** on pool deck during the lesson, except on the last day. You may sit upstairs on our observation deck.

Come by PARDS Fitness and Aquatics Center to sign up.

If you have further questions, please call 225-664-8099.