

NEW POOL EXERCISE CLASS!!!!

Aqua Boot Camp
Mondays and Wednesdays

7:00-7:45pm

Starting August 30th

**free with QU membership*



"Go hard and leave wet"



Aqua boot camp is a full body medium/ high intensity class

Swim Lesson Classes

Mondays/Wednesdays (8 total sessions)

Starting August 9th- \$80.00

*Level 1 5:00-5:30

*Level 2 5:30-6:00

*Level 3/4 6:00-6:45

Contact Julie Newell: 217-248-3134

Email – julienewell2009@gmail.com

**you may also contact Julie for private swim lessons& adult swim.*

*Just keep
swimming*

level 1 is no experience with water

level 2 more comfortable level in water

3/4 they have to know back stroke and freestyle