



# Adult Swim Academy

Swim Smarter, Better, and Faster

## Learn to swim with our adult lessons

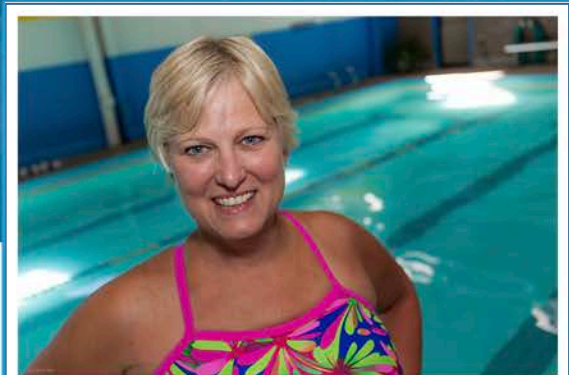
Our Adult Swim Academy is uniquely designed for adult swimmers looking to become stronger and faster in the water.

These classes will give swimmers of all levels the skills they will need to perform better and more efficiently while swimming.

Many adults have never learned to swim. Our classes are designed to give them the ability to feel safe and secure in the water.

Adult Swim Academy Instructor George Randall is a Certified Level 3.0 Total Immersion Swim Coach. He teaches students of all abilities, from beginner to competitive level, in open-water, triathlon, and pool events. He also competes in several open-water races and triathlons.

Register at  
[worcestersfitness.com/adult-swim-academy](http://worcestersfitness.com/adult-swim-academy) or at  
Member Services



### Total Immersion Swimming

Classes meet Mondays  
or Wednesdays  
7:00PM to 8:00PM

### Adult Swim Training/Skill Building

Class meets Thursdays  
7:00PM to 8:00PM

Members \$210  
Non Members \$260