

Swim Lessons Save Lives!

Swim into the New Year at Toms River Fitness and Aquatic Center!
Our Swim School at is ready to accommodate all levels from
Mommy & Me to the Elite Swimmer.

*Choose from private lessons,
Or select a group*

Children's Group Lessons 6-Weeks (infants - 8yrs)

Register now for winter: starts Jan. 17, 2012

Also available early and late spring & summer



Recreational Swim 8-Weeks (7-12yrs)

Register now for winter: starts Jan. 12, 2012

Also available winter, spring and fall



Adult Learn to Swim Group Lessons 4-Weeks

Register now for winter: starts Feb 7, 2012

Also available spring, summer and fall

Zero Negative Swim Training for Young Athletes (7-18 yrs)

Monthly membership with swim program

<http://trfitness.net/documents/ZNYouthSwimProgram2012Final.pdf>

Register now

Zero Negative Competitive Training for Triathletes

Yearly Program featuring all phases of training, but emphasizing Swim

<http://trfitness.net/documents/ZNTRFTRIPProgramFinalUpdateao1012011.pdf>

Register now

Adult or Children Private Lessons

Schedule to your convenience



Upcoming

Keep on Swimming clinics 4-Weeks (7-12)

3 times/year: fall, spring & summer

May, 2012