



ALL Abilities Center

Swim Lessons

One-on-One Swim Lessons for ALL Abilities!

- ✓ Develop Water Safety Skills
- ✓ Increase Range of Motion
- ✓ Improve Motor Skills
- ✓ Enhance Muscle Strength
- ✓ Boost Confidence

All Ages & Abilities
Welcome!



\$75 per lesson
or **\$700** for **10** lessons

REGISTER TODAY!

www.ALLAbilitiesCenter.org

 **(516) 701-7907**

Lessons are 30 minutes • Weekdays only – Nassau County