



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!**



\$85.00 per lesson
or **\$800.00** prepaid package
(10 lessons)

REGISTER TODAY!

www.ALLAbilitiesCenter.org

(516) 701-7907

Lessons are 30 minutes • Weekdays only – Nassau County