



RNH Summer 2022 Swim Lessons

Tuesdays: 3:00pm - 3:30pm – Me & My Shadow, Beginner 1, Beginner 2, Advanced 1, Advanced 2

Tuesdays: 3:30pm – 4:00pm – Beginner 1, Beginner 2, Advanced 1, Advanced 2

Tuesdays: 4:00pm – 4:30pm – Beginner 1, Beginner 2, Advanced 1, Advanced 2

Tuesdays: 4:30pm – 5:00pm – Beginner 1, Beginner 2, Advanced 1, Advanced 2

June 28 - Aug 23 (9 classes, \$48 each, once per week for 30min, \$432)

Tuesdays: 4:00pm – 5:00pm – Swim Team Prep

June 28 - Aug 23 (9 classes, \$60 each, once per week for 60min, \$540)

Thursdays: 3:00pm - 3:30pm – Me & My Shadow, Beginner 1, Beginner 2, Advanced 1, Advanced 2

Thursdays: 3:30pm – 4:00pm – Beginner 1, Beginner 2, Advanced 1, Advanced 2

Thursdays: 4:00pm – 4:30pm – Beginner 1, Beginner 2, Advanced 1, Advanced 2

Thursdays: 4:30pm – 5:00pm – Beginner 1, Beginner 2, Advanced 1, Advanced 2

June 30 - Aug 25 (9 classes, \$48 each, once per week for 30min, \$432)

Thursdays: 4:00pm – 5:00pm – Swim Team Prep

June 30 - Aug 25 (9 classes, \$60 each, once per week for 60min, \$540)

Saturdays: 9:00am - 9:30am – Me & My Shadow, Beginner 1, Beginner 2, Advanced 1, Advanced 2

Saturdays: 9:30am – 10:00am – Beginner 1, Beginner 2, Advanced 1, Advanced 2

Saturdays: 10:00am – 10:30am – Beginner 1, Beginner 2, Advanced 1, Advanced 2

Saturdays: 10:30am – 11:00am – Beginner 1, Beginner 2, Advanced 1, Advanced 2

July 2 - Aug 27 (9 classes, \$48 each, once per week for 30min, \$432)

Saturdays: 10:00am – 11:00am – Swim Team Prep

July 2 - Aug 27 (9 classes, \$60 each, once per week for 60min, \$540)

DOUBLE UP & SAVE: Twice weekly swimming is available for all levels! Enroll for 2 days of swimming online and use the promo code **DOUBLEUP** for an additional 10% discount!

**Offer is valid only for twice weekly registrations.*

Register online or at the pool and save 10%.

Registration for Physique Swimming can be arranged online, by credit card over the phone at (212) 725 - 0939 or by sending the registration form to 115 Broadway, 5th Fl New York, NY 10006

Physique Swim School Registration Form. Please, fill out it completely.

Student's Name	Age	Level	Day/Time	Time
_____	____	_____	_____	_____
_____	____	_____	_____	_____
_____	____	_____	_____	_____

Parents Name _____ Phone(C) _____
 Address _____ City _____ ZipCode _____
 E-Mail _____
 CC _____ EXP _____

Riverdale Neighborhood House
5521 Mosholu Avenue
The Bronx, NY 10471
t: (212)-725-0939 f: (646)-478-9005
e: rnh@physiqueswimming.com
physiqueswimming.com