



Individual & Buddy Swim Lessons

Hampshire Wellness & Fitness offers personalized, one-on-one swim lessons with your own swim instructor, or split the cost with a buddy who has the same instructional needs.

Individual Package:

Five 30-minute private lessons

Cost: \$75 for members/\$90 for non-members

Buddy Package:

Five 30-minute semi-private lessons

Cost: \$60 per participant for members/\$75 per participant for non-members

Call 304-822-7255 for more information or to schedule your first lesson.

All lessons are scheduled between the instructor and participant, and must be used with 6 weeks of start date.

 **ValleyHealth**
Hampshire Wellness & Fitness