|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
| SWIM LEssonswith Coach LindseyWant to learn to swim?Want to improve stroke technique?Need more private attention?**Contact Coach Lindsey to request availability and schedule private lessons!****Private (1:1) Half hour and Hour Lessons:** $30/half hour$55/hour**Semi-Private (2:1) Lessons:**$40/half hour**Email:** Lindsey.tfc@gmail.com**Phone:** 804-516-7264 |
|  |
|  |
| Logo placeholder |

 |  | C:\Users\hcps-hairlk\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D0025658.tmp A picture containing bird of prey, hawk, animal  Description automatically generated |