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| |  | | --- | | SWIM LEssons  with Coach Lindsey  Want 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](mailto: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 |