

South Jordan Fitness & Recreation

Adult Group Swim Lessons

Starting on Tuesday's & Thursdays in January 2019. South Jordan Fitness Center is going to be offering Adult level Swim Lesson. These lessons are for everyone who has ever wanted to learn how to swim or improve their swimming ability.

Adult Swim Level One - Learning the Basics @ 7:00 - 7:30 PM

Adult Swim Level Two - Improving Skills and Swimming
Strokes @ 7:35 - 8:05 PM

Adult Swim Three - Swimming for Fitness @ 8:10 - 8:40 PM

But wait there's more! For every participant who registers for the adult swim class in the month of January you will get a free set of Goggles.



Limit one goggle per participant

