

# Swim Lessons

## Adult and Child

Learn to swim and enjoy the benefits. **Emphasis on correct swim techniques** and basic pool safety. For **all skill levels from Beginners to experts**. **Patient and experienced.**

**Private Swim Instruction** is the fastest way to learn how to swim.

**Semi-private swim lessons** are available to pair together for lessons.

**Rehabilitation for injuries.** Non-weight bearing, low impact full body swimming exercises.

**Triathletes and Open Water swimmers.** Become more efficient with techniques and workouts that deliver. Swim to Conserve energy for the bike and run.

**Competitive Swimmers.** Learn new drills and customized training sessions to go faster.

**Instructed by Myron Dong Broadstone Masters Swim Coach.**

**Coach Myron offers experience from age group, High School, NCAA, Triathlon and Open Water Swimming**

Lessons by appointment  
\$35.00 for a 30 minute lesson  
\$90.00 for three 30 minute lessons

**Please contact:**  
Coach Myron Dong  
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**BROADSTONE**  
RACQUET CLUB  
A Premier Spare Time Club