

JIM AND

SWIM



MEMBERS \$55
NON-MEMBERS \$75

WITH CHERYL

Granite Falls is offering a “Jim” (Gym) and Swim program designed to provide children 3-7 years old the physical activity they need in their lives to stay healthy. Join other participants in a variety of fitness activities including games, group exercises, swimming and more. Classes are 1 hour long and consist of 30 minutes of gym activities followed by a 30 minute swim lesson. Participant will have 2 classes a week for a 3 week session. Come laugh, swim, and play with Granite Falls professionals.

AGES 3-7: TUESDAY & THURSDAY 1:00-2:00 PM (12 PARTICIPANTS MAX)

JANUARY 2, 4, 9, 11, 16, 18

JANUARY 23, 25, 30, FEBRUARY 1, 6, 8

FEBRUARY 13, 15, 20, 22, 27, MARCH 1

MARCH 6, 8, 13, 15, 20, 22

Miss Cheryl

Miss Cheryl, is a preschool teacher at Wake Forest Presbyterian Preschool and has been an Early Childhood Educator for over 20 years.

She has been working at Granite Falls for the last year as a certified fitness instructor. She teaches swim lessons to beginning swimmers, leads group fitness classes for teens and younger children, and also instructs water aerobics classes for adults.

Mr. Jim

Mr. Jim has been teaching swim lessons and coaching the adult masters group at Granite Falls for the last 3 years and now coaches with the Granite Falls Makos Swim Team.

Having been an avid swimmer for the past twenty-five years, Jim is a certified swim coach and swim instructor by USA Swimming and the American Swim Coaches Association.