



LEGEND OAKS SWIM LESSONS!



About me:

My name is Isabell Jackowski. I am a sophomore at Ashley Ridge and a member of the varsity swim team.

I am a red cross certified lifeguard, CPR, first aid, and stop the bleed certified.

I have been swimming competitively since I was 7 years old, and I have always enjoyed the sport of swimming and I'm looking forward to this swim season and meeting all the young swimmers!

Group Swim Lessons:

- Ages: 5 - 13 years old.
- Must be able to place face under water.



Students will learn basic skills in a group environment to increase knowledge of swimming!

Click for more information:
https://calendly.com/if_jackowski

Individual Swim Lessons:

- Ages: 6 months - 13 years old.

Focused on the fundamentals of swimming!



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Group Stroke Clinic:



- Child must be able to swim length of pool unassisted.
- Must be at least 5 years old.

Focused on swim **TECHNIQUE!**

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Questions:
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