

# Swim Lessons

NSF Indian Head, Aquatics Center



## Group Lessons (Ages 12 and under)

**\$45** Military **\$50** All Others

- Each session consists of 8 lessons (25 minutes each)

## Private Lessons (Ages 13 and older)

**\$70** Military **\$85** All Others

- Each session consists of 4 lessons (30 minutes each)

For more information, contact the Fitness Center at 301-744-4616.



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