



## **St. Andrew's Family Fitness Plus is excited to offer Fin Fun Mermaid University**

**Mermaid 101** – Learn to swim like a mermaid. Swimmers learn how to care for and release from their tail and how to safely pass the Mermaid Swim Test with a Fin Fun mermaid tail.

***\*Participants must pass the St. Andrew's Swim Test to join Mermaid 101***

**Mermaid Academy** - These classes teach mermaid skills such as fluke splashes, core rolls, and some synchronized swimming moves while participants have fun and build speed and endurance.

***\*Participants must graduate from Mermaid 101 to join Academy classes***

### **Mermaid 101**

Tuesday: 5pm - 5:45pm and 6pm – 6:45pm

Saturday: 8am – 8:45am and 9am – 9:45am

### **Mermaid Academy**

Wednesday: 5pm – 5:45pm and 6pm – 6:45pm

Saturday 8am – 8:45am and 9am – 9:45am



**Get your favorite Fin Fun merchandise at Family Fitness Plus!**