



CALLING ALL MERMAIDS!!!

Mermaid Swim Level 1–With MerFIT Boot Camp!

Saturdays – 11am to 12 noon – Begins Feb. 4th thru March 4th

University of New England Pool

Come explore your inner Mermaid, fulfill those New Year's Resolutions, and get fit! This class is the most fun you will ever have. This class for mermaids ages 15 to 100, also includes a MerFit Boot Camp segment to burn more calories and strengthen and tone all of you. This segment of the class will have an easy to follow “circuit swim” in the water that will be fun! The Level 1 class includes a musical warmup, shallow and deep end mermaid skills, breathing skills, underwater swimming, a routine, and more. A certified and enthusiastic instructor (mermaid) will swim right beside you and have you gliding through the water in a mermaid tail and fin in no time! In class mermaid tail and fin provided. Class is limited to 15 participants. Register early to ensure a fin/tail arrives for your use before the first class. Gift certificates available!

Prerequisites: Must be able to swim and feel comfortable in the water. Wear swimming attire, bring a towel, and goggles if needed.

Fee: \$125 if registered before January 15th, 2023 or \$140 after January 15th, 2023

To Register: Contact The Maine Mermaid LLC (Linda Holmes) at themainemermaid1@yahoo.com