



**AUSTIN AQUATICS
& SPORTS ACADEMY**

HOME SCHOOL FIT & PARENT CLASSES

Our Home School Fitness Program is designed to engage children in physical activity and provide a thorough overview of our biggest programs at the Academy: swimming, group fitness and triathlon training!

Our young athletes will enjoy a team environment while developing their abilities and gaining competitive experience in each of these disciplines.

Every class will be taught by one or more of our certified coaches at AASA.

While the children are in the pool, we offer a home school parents group fitness class held in the gym.

Dates: April 3rd - 26th, 2018

Days: Tuesdays & Thursdays

Time: 2:00 - 3:00pm

Home School Fit: \$125

Home School Parent: \$100

For questions and registration, email Coach Brendan Hansen:

brendan@austinswimclub.org