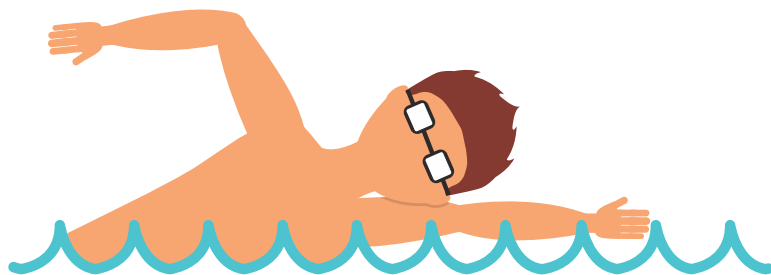


Swim Lessons

At LIFT, we have swim lessons available for all ages. The swim instructor will be happy to work with your schedule. You are NEVER too young or too old to learn how to swim! Whether you hope to incorporate swimming into your exercise routine or simply want to feel safe knowing that your child can swim, our instructors can help!

Instructor Contact Information



Cathy McCullough, Lifeguard & Swim Instructor
Teaches ages 4 1/2 yrs & up
Phone: 731.225.6093

Laura Wells, Certified Swim Coach through USA Swimming
Teaches beginner to advanced swimmers
Phone: 615.545.9466

Candace Lewis, Certified Swim Coach through USA Swimming
Instructs All Ages
Beginner to Advanced
Lifeguarding Skills
Phone: 731.333.4555 via text messages

Charlotte Richardson, Swim Instructor
Teaches all ages
Phone: 865.386.0891

Rates

Individual: \$130
(Eight-30 minute sessions)

Group: \$100
(Eight-30 minute sessions)

To Schedule an appointment, please contact an instructor for availability

