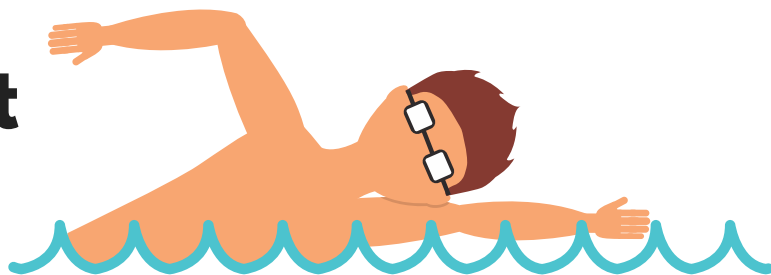


# Swim Lessons

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!

## Instructors 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

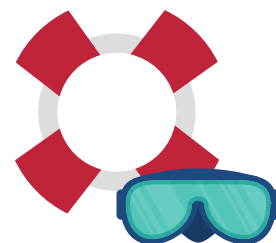
Rachel Lancaster, Lifeguard & Swim Instructor  
Teaches ages 3 yrs. & up  
Specializing in freestyle technique for advanced swimmers  
Phone: 731.803.2915

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