



**FOR IMMEDIATE RELEASE**

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## **Free Beginner Swim Lessons Offered for Children and Adults at the NMB Aquatic & Fitness Center**

*North Myrtle Beach, SC – May 17, 2017* – The North Myrtle Beach Aquatic & Fitness Center, along with the Grand Strand Masters Swim Team, will offer free beginner swim lessons for children and adults June 5-8 at the Aquatic & Fitness Center.

Classes will be offered Monday through Thursday evening between 5:30pm and 8:15pm.

Preregistration is required and is now underway at the Aquatic & Fitness Center, 1100 Second Avenue South.

There are more than 18 million swimming pools and hot tubs in the USA. According to the Centers for Disease Control, 37% of American adults cannot swim the length of a pool yet they aspire to swim more than any other activity.

Email: [dcbartlett@nmb.us](mailto:dcbartlett@nmb.us) or visit the NMB Aquatic & Fitness Center website for more information: <http://afc.nmb.us>.

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