



ADULT LAP SWIM AT RAMA!

Tuesday and Thursday during the warm months

Where: Rama Swim Club
When: 6:00a.m., 7:00a.m.
Questions: Carey Ginesi
504-559-9223

Join us for some early morning exercise. **No Lifeguard on Duty during this time.**

Here are the details:

-We will meet on Tuesday and Thursday mornings at 6 a.m., 7 a.m.

-There will need to be at least 2 adults present. If only one person signs up for a particular time, then that session will be canceled.

-Bring your own equipment (kick board, fins, snorkel, etc.)

-If there is more than one person in your household that plans on swimming, then only sign up for 1 lane.

-New dates will be added every 2 weeks.

-If there is a thunder storm/ heavy rain swimming will be canceled.

-Sign up here

