

Introduction to Swim Team

SIGN UP'S GOING ON NOW

**NEW CLASSES BEGIN
THE 1ST OF EACH
MONTH**

This class is a basic introduction into the world of YMCA competitive swimming. The four racing strokes will be broken down into easily learned sections. Skills taught include: Back, Breast, Butterfly, Freestyle, racing starts and turns. Each student will be able to set a time for their preferred strokes and learn how to set and achieve there own goal.

Qualifications: 25 yards strong freestyle stroke.

Class Times:

Week 1-Monday through Thursday 4:00 PM to 4:45 PM / 45 min.

Week 2- Monday through Thursday 4:00 PM to 4:45 PM / 45 min.

Week 3- Monday through Thursday 4:00 PM to 5:00 PM / 1 hr.

Week ~~4~~ - Monday through Thursday 4:00 PM to 5:30PM

Members \$35 / Program Members \$55

