



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Fall/Winter Swim Lessons

Altavista Area YMCA

Cost: members \$45.00 Non-Members \$65.00

Register online or in person.

Classes are Tuesday and Thursday for 4 weeks.

Time	Aug 23rd–Sept 15th	Sept 20th-Oct 13th	Oct 25th-Nov 17th	Jan 10th– Feb 2nd
11:00	Adult	Adult	Adult	Adult

1/Acclimation	Students develop comfort in the water and lay foundation for future progress
2/Movement	Focus on body position, control, directional change & continue to practice
3/Stamina	Swim safer long distance, learn rhythmic breathing & integrated leg and arm
4/ Stroke Introduction	Strong stroke techniques in front, back crawl, breaststroke, treading water & elementary backstroke
5/Stroke Development	Improve all major strokes, treading water and Sidestroke
A/B Water babies	A class with child & adult in pool participation to discover and explore the water
Adult classes	Teens & adults to learn to swim or improve their swimming

Cancellation fee of 15% or transfer to another class. Class size limited to 4 students.

Classes may be cancelled if less than 2 participants. Classes cancelled due to severe weather will be made up if schedule permits. The Altavista YMCA is fortunate to offer financial assistance from E. R. English Fund for those that may need it. Call 369-9622 or email lnordquist@altavistaymca.com for more information.