

Aquatics: Clinics, Swim Team & More!

Swim Clinics *ages 6+*

Youth Stroke Clinic: Minnow, Fish, Flying Fish, and Shark levels - Swimmers will review and refine all four competitive strokes while building endurance.

TU/TH at 5:15 pm

August 11 - 20 • August 25 - September 3

MEM: \$30 PRO: \$45



Adult Stroke Clinic: Review and refine all four competitive strokes while building endurance.

Mondays &/or Thursdays, 6:30 pm

Aug 24 - Sept 17 • Sept 21 - Oct 15 • Oct 19 - Nov 12

MEM: \$30 PRO: \$45

Swim Team

Mondays - Fridays • MEM: \$225 PRO: \$295

Session 1: September 7 - November 20

Session 2: November 30 - February 26

Registration opens on July 27!



Beginner Group *ages 5-8*: 4:00-4:45 pm

This practice is designed for swimmers newer to competitive swimming. Practice will focus on the fundamentals of swimming, breaking down each stroke to ensure our swimmers achieve a legal stroke, start, and turn. Yardage will be kept to a minimum, offering a hands-on approach. Swimmers must be able to swim one length of front and back crawl.

Developmental Group *ages 5-18*: 4:45-5:45 pm

This practice is designed for our swimmers who are experienced with swimming, but still need significant stroke refinement. Practice will focus on furthering stroke technique through drills, ensuring our swimmers understand the elements of all four competitive strokes. Swimmers must be proficient in freestyle and backstroke, and be able to swim multiple lengths of each.

Advanced Group *ages 9-18*: 5:45-6:45 pm

This will be an advanced practice, and swimmers must be proficient in Freestyle, Backstroke, Breaststroke, and have some knowledge of Butterfly. Practice will focus on every detail of swimming, including starts, turns, and finishes. Swimmers will further build endurance and speed through resistance training and more intense workouts.



Lifeguard Training

Lifeguard Training *ages 16+*: The YMCA Lifeguard Training course prepares individuals to act as professional rescuers. Prerequisites: (these items will be evaluated on the first day of class.)

- 16 years of age by the last scheduled day of class.
- Able to swim continuously for 500 yards (20 lengths of the pool) using a 100 yards: front crawl (freestyle), breast stroke, sidestroke kick with one arm forward, and inverted breaststroke kick.
- Tread water for two minutes, legs only.
- Surface dive in six feet of water and swim underwater for 15 feet.

Dates TBA, 9:00 am - 4:00 pm

MEM: \$195 PRO: \$235



Private Swim Lessons

Private/Semi-Private Swim Lesson:

***members only ages 3+*:** Private (1:1 ratio) and semi-private (2:1 ratio) swim lessons are available on a first come, first served basis. To request private lessons visit the Registration Office and submit a Private Lesson Request form.

Private MEM: \$120 (3 hours)

Semi-Private MEM: \$80 (per person-3 hours)

*must register as a pair

Pool Buddies: Four hours of instruction for 3 or more persons (usually in eight 30-min. classes)

MEM: \$65 person PRO: \$95 person

