



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM STRONGER FASTER AND

ADULT SWIM LESSONS

Getting Started

Adult Beginner Class

Sign up for the adult beginner class and get more comfortable in the water! This class is for adults with little to no prior swimming experience.

Date/Time: Tuesdays/Thursdays 7:15-8:00 PM
Saturdays 11:30 AM-12:15 PM

Keep Swimming

Adult Stroke and Fitness Class

This NEW class helps those who want to improve their stroke mechanics and build a fitness program utilizing the four competitive swim strokes (butterfly, backstroke, breaststroke, and freestyle.) Become a better swimmer and sign up for the Adult Stroke and Fitness class!

Date/Time: Mondays/Wednesdays 7:15-8:00 PM

Cost:

Weeknights (8 classes) \$27/members, \$68/non-members
Saturdays (4 classes) \$13.50/members, \$34/non-members

Sign up now at the front desk, or
for more information please contact:

Kylie Idleman

Aquatics Director

Southeast Family Center/YMCA

P: 719 622 3565

