YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY



SCHOOL AGE, TEEN & ADULT =

- PRESCHOOL -









float on his or

her own.

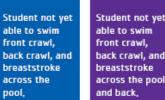




Stroke

Introduction





Stroke

Mechanics

SWIM STARTERS Swim readiness skills

SWIM BASICS Recommended skills for all to have around water

SWIM STROKES Skills to support a healthy lifestyle

INFANT 6-18 MOS

to verbal cues

and jump on

land

TODDLER 18 MOS-3 YRS

PRE-SCHOOL 3 YRS TO 5 YRS















M/W 5:30pm

M/W 6:00pm

M/W 6:30pm M/W 7:30pm

M/W 7:00pm

M/W 7:30pm

INSTRUCTOR INIVITE ONLY

We teach the nationally recognized Y Progressive swim program. We have a staff of certified guards & instructors who are experienced in teaching both children & adults aquatic skills & personal safety. We can teach you to

Fees: **Members** \$35 **Non-Members** \$65

swim whatever

your age or ability!

SCHOOL AGE

6YRS—12 YRS













M/W 7:00pm

M/W6:30pm

M/W 7:00pm

M/W 6:30pm

M/W 5:30pm

M/W 6:00pm

M/W 7:30pm

SUMMER CLASSES MEET TWICE PER **WEEK FOR 4 WEEKS**

*Classes and times are subject to change/ each level is taught individually

Summer Swim Sessions

June 24—July 28

(no classes July 1-July 7)

July 29-August 25