



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **STROKE MECHANICS WATER ENDURANCE IMPROVE TIME MOTIVATIONAL GROUP TRAINING**

Whether you need help with your technique or you just need direction with your swim training, this class will get you fully prepared for the swim portion of a triathlon. Each class will typically focus on technique, speed, endurance, or breathing. This class consists of a complete range of ability levels including people preparing for their recreational lap swimming, all the way to full Ironman distance races. **Class is appropriate for all ability levels ages 13-adult.**

The class is structured on a four workout per week system. Two of the workouts are held during class, with a coach who provides feedback and motivation. The other two are independent workouts to help you stay on track all week long.

The class is instructed by Ryan Ferguson, Swim Coach. Ryan has coaching certifications from both USA and YMCA, is Level I & II ASCA, Certified Lifeguard and CPR/First Aid Trainer, has been coaching competitive swimming for 17 years and just brought the Ashland Area YMCA Barracuda's Swim Team of 80+ swimmers to a 2<sup>nd</sup> Place finish at the YMCA State Swim Meet.

- Class Dates** Monthly Class | Tuesday/Thursday  
**Class Times** 7:00-8:00 PM  
**Class Fees** \$50 Members | \$100 Non-Members  
**Class Limit** 12

Contact Ryan Ferguson for more information at (606)324-6191 or [rferguson@ashlandareaymca.org](mailto:rferguson@ashlandareaymca.org).

