



BUILD CONFIDENCE IN THE WATER

SWIM LESSONS

July 18th – July 28th

Monday – Thursday ages 3 – ADULT
Morning or Evening options (see back for details)

Member – \$35 – REGISTRATION BEGINS JULY 3RD

Non-member – \$70 – REGISTRATION BEGINS JULY 6TH

Early Registration
and discount
for
Members!

Ashland Area YMCA
3232 Megan Neyer Way
Ashland, KY 41102
(606)324-6191

Questions? Contact
Hollie Hall
Aquatics Director
(606)324-6191 ext.228

Summer Swim Lessons at AAYMCA

2 Weeks, 8 Sessions, Monday through Thursday, July 18th – July 28th

Member fees: 1st child \$35 / Each additional child \$17.50

Non-member fees: 1st child \$70 / Each additional child \$35

SWIM BASICS – Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim (sequencing front glide, back float, roll, front glide, and exit), and jump, push, turn, grab.

SWIM STROKES – Students learn water safety skills through treading water and sidestroke, and build stroke technique in front crawl, back crawl, as well as breast-stroke and butterfly .

Swimmer's Name _____ Birthday _____ Age _____

Address _____ Phone _____

City, State, Zip _____

Parent's Name _____ Last Class _____

Member YES NO

Beginner SWIM BASICS Mornings 45 minutes

AGE	A	B	C
3-5	-----	___9:50AM – 10:35AM	___10:40AM – 11:25AM
5-12	___9:00AM – 9:45AM	-----	-----
13-99	___9:00AM – 9:45AM	-----	-----

Intermediate SWIM STROKES Mornings 45 minutes

AGE	A	B	C
5-12	-----	___9:50AM – 10:35AM	-----

Beginner SWIM BASICS Evenings 45 minutes

AGE	A	B	C
3-5	___5:00PM-5:45PM	___5:50PM -6:35PM	-----
5-12	___5:00PM-5:45PM	-----	-----
13-99	___5:00PM-5:45PM	-----	-----

Intermediate SWIM STROKES Evenings 45 minutes

AGE	A	B	C
3-5	-----	-----	-----
5-12	-----	___5:50PM – 6:35PM	-----
13-99	-----	___5:50PM – 6:35PM	-----