

the



YMCA

# STRONG SWIMMERS CONFIDENT KIDS

## SWIM LESSONS

June 20-July 1

Monday – Friday ages 3 – 12

Morning or Evening options (see back for details)

**Member – \$35 – REGISTRATION BEGINS JUNE 5<sup>TH</sup>**

**Non-member – \$70 – REGISTRATION BEGINS JUNE 8<sup>TH</sup>**

**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, 10 Sessions, Monday through Friday, June 20<sup>th</sup> – July 1st

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

Non-member fees: 1<sup>st</sup> 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 40 minutes

AGE	A	B	C
3-6	___ 9:00AM – 9:40AM	___ 9:45AM – 10:25AM	
7-12	___ 9:00AM – 9:40AM		

## Intermediate SWIM STROKES Mornings 40 minutes

AGE	A	B	C
3-6			___ 10:30AM – 11:10AM
7-12		___ 9:45AM – 10:25AM	___ 10:30AM – 11:10AM

## Beginner SWIM BASICS Evenings 40 minutes

AGE	A	B	C
3-6	___ 5:00PM – 5:40PM	___ 5:45PM – 6:25PM	
7-12			___ 6:30PM – 7:10PM

## Intermediate SWIM STROKES Evenings 40 minutes

AGE	A	B	C
3-6	___ 5:00PM – 5:40PM		
7-12		___ 5:45PM – 6:25PM	___ 6:30PM – 7:10PM