

# Summer Saturdays Swim Lessons at AAYMCA

4 Sessions, Saturdays in July – 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

Member fees: \$17.50 each swimmer

Non-member fees: \$35.00 each swimmer

**LOOK!!!**

**NEW CLASS!!! Beginner and Intermediate 13-Adult lessons are here!**

**SWIM BASICS (Beginner)** – 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 (Intermediate)** – 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

**40 minutes**

AGE	A	B	C
3 -6	__ 9:00AM – 9:40AM	__ 9:45AM – 10:25AM	-----
7 -12	-----	-----	__ 10:30AM-11:10AM
13-99	__ 9:00AM – 9:40AM	-----	-----

## Intermediate SWIM STROKES

**40 minutes**

AGE	A	B	C
3 – 6	__ 9:00AM – 9:40AM	-----	-----
7 – 12	-----	__ 9:45AM – 10:25AM	__ 10:30AM – 11:10AM
13-99	-----	__ 9:45AM-10:25AM	-----



# CONFIDENCE WITH EVERY STROKE

## SUMMER SATURDAYS SWIM LESSONS

Saturdays in July ages 3 – **ADULT!!!**

Class dates: 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> \*

**Member – \$17.50 – REGISTRATION BEGINS JUNE 21<sup>ST</sup>**

**Non-member – \$35.00 – REGISTRATION BEGINS JUNE 23<sup>RD</sup>**

**Early Registration  
and discount  
for  
Members!**

**NEW CLASS  
SEE REVERSE!!!**

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

\*no classes July 16<sup>th</sup>

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