



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING FOR ADULTS THROUGH SWIMMING

Health, Well-Being & Fitness

Adult Swim Lessons

MARION FAMILY YMCA

When

Winter I Adult Swim Lessons start Saturday, January 14th.

Where

Marion Family YMCA

Cost

Members: \$20

Program Participants: \$65

Additional Info:

The Marion Family YMCA is pleased to offer adults the opportunity to learn basic swimming skills, and better their abilities to participate in aquatic activities. We will offer classes based on ability level and goals.

Beginner Class, Saturdays 11:15 – 11:55 AM

This class is for adults who are interested in learning very basic swimming abilities that will make them safer in the water. Emphasis will be on personal safety skills, floatation & balance, breathing techniques, as well as basic stroke skills.

Advanced Class, Saturdays 12:00 – 12:40 PM

This class is for adults who are interested in learning more advanced swimming skills, with a specific emphasis on lap swimming skills. Participants will work on basic stroke skills with the goal of becoming more efficient and lap swimming for exercise purposes.