



YARROW FAMILY YMCA
SOUTHEAST VENTURA COUNTY YMCA

ADULT SWIM LESSONS

Fall 1 Session

Sept 11 – Oct 21, 2023



PRIVATE LESSONS AVAILABLE

6 Lessons 50 minutes each

Cost: \$480 Members

Email: BBonafont@sevymca.org

Group Lessons

Cost \$80 Members | \$160 Non-Members

1 Lesson per Week – Ratio 1:5



REGISTER HERE

ADULT SWIM BASICS | Instructor Cassidy H.

In this warm water class, swimmers 13+ will develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water. Our goal is to have swimmer achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

FREESTYLE AND BEYOND | Instructor Liliana F.

If you've already mastered the fundamentals of swimming, then this is the class for you! Swimmers 13+ will learn additional water safety skills and build on stroke technique in our lap pool! We will work on refining all strokes and building endurance in order to foster a lifetime of physical activity.

<p>TUESDAY</p> <p>5:30pm – 5:55pm</p> <p>ADULT SWIM BASICS</p>	<p>THURSDAY</p> <p>6:30pm – 6:55pm</p> <p>FREESTYLE AND BEYOND</p>
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YARROW FAMILY YMCA | 31105 Thousand Oaks Blvd. Westlake Village, CA 91362

www.sevymca.org | info@sevymca.org | 818.707.9622

For more information please email Brigitte at bbonafont@sevymca.org