



YARROW FAMILY YMCA
SOUTHEAST VENTURA COUNTY YMCA

ADULT SWIM LESSONS

Fall 2 Session

Oct 30– Dec 16, 2023

Group Lessons

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

1 Lesson per Week – Ratio 1:5



PRIVATE LESSONS AVAILABLE

6 Lessons 50 minutes each

Cost: \$480 Members

Email: BBonafont@sevymca.org



ADULT SWIM BASICS | Instructor Cassidy H.

In this warm water class, swimmer 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.

TUESDAY	THURSDAY
5:30pm – 5:55pm	6:30pm – 6:55pm
ADULT SWIM BASICS Due To Halloween Class will Start on 11/7/23	FREESTYLE AND BEYOND

YARROW FAMILY YMCA | 31105 Thousand Oaks Blvd. Westlake Village, CA 91362

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