



SOUTHEAST VENTURA COUNTY YMCA  
**YARROW FAMILY YMCA**  
**ADULT SWIM**  
**LESSONS**

**Summer 2 Session**  
**July 29 – Aug 31, 2024**

**Group Lesson**

**Cost \$70 Members | \$140 Non-Members**

**1 Lesson per Week – Ratio 1:5**

SCAN HERE TO REGISTER



**PRIVATE LESSONS**  
**Thursdays**  
 5:30pm-5:55pm  
 6:00pm-6:25pm  
 6:30pm-6:55pm  
 \$200 Members  
 \$400 Non-Members

<p><b>FLOAT AND CONQUER</b></p> <p>This warm water class is tailored for those who seek to conquer their fear of water and gain confidence in a nurturing and supportive environment. Participants will gradually acclimate to the water environment, focusing on building trust in themselves and the water. This class will cover fundamental skills such as breath control, buoyancy, and relaxation techniques to facilitate submersion.</p>	<p><b>ADULT SWIM BASICS</b></p> <p>In this 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:</p> <p><b>Swim, Float, Swim        Jump, Push, Turn, Grab</b></p>	<p><b>FREESTYLE AND BEYOND</b></p> <p>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 focus on establishing proper freestyle technique and introducing backstroke, breaststroke, sidestroke, and butterfly! Sharpen your swim skills to foster a lifetime of physical activity.</p>
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<p><b>FLOAT AND CONQUER</b>  <b>TUESDAY</b>        5:30pm – 5:55pm  <b>WARM POOL</b></p>	<p><b>ADULT SWIM BASICS</b>  <b>TUESDAY</b>        6:00pm – 6:25pm  <b>LAP POOL</b></p>	<p><b>FREESTYLE AND BEYOND</b>  <b>TUESDAY</b>        6:30pm – 6:55pm  <b>LAP POOL</b></p>
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**YARROW FAMILY YMCA**  
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