



SOUTHEAST VENTURA COUNTY YMCA

**YARROW FAMILY YMCA**

# ADULT SWIM LESSONS



Winter Session

Jan 13 - Feb 22, 2025

*No lessons on Mon 2/17/25*

Adult Swim Basics and Freestyle and Beyond will start on Mon 1/20/25 when the lap pool reopens

Group Lessons
<ul style="list-style-type: none"> <li>• <b>\$84 Member</b></li> <li>• <b>\$168 Non-Member</b></li> </ul> <p>1 Lesson per Week - Max Ratio 1:5 Swimmer may register for multiple days</p>

Private Lessons
<ul style="list-style-type: none"> <li>• <b>\$225 Member</b></li> <li>• <b>\$450 Non-Member</b></li> </ul> <p>1 Lesson per Week - Ratio 1:1 Swimmer may register for multiple days</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30pm - 5:55pm <b>FLOAT AND CONQUER</b> CASSIDY   WARM POOL	5:30pm - 5:55pm <b>FLOAT AND CONQUER</b> CARL   WARM POOL	5:30pm - 5:55pm <b>FLOAT AND CONQUER</b> CASSIDY   WARM POOL	5:30pm - 5:55pm <b>FLOAT AND CONQUER</b> CARL   WARM POOL
6:00pm - 6:25pm <b>ADULT SWIM BASICS</b> CASSIDY   LAP POOL	6:00pm - 6:25pm <b>ADULT SWIM BASICS</b> CARL   LAP POOL	6:00pm - 6:25pm <b>ADULT SWIM BASICS</b> CASSIDY   LAP POOL	6:00pm - 6:25pm <b>ADULT SWIM BASICS</b> CARL   LAP POOL
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<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: <b>Swim, Float, Swim</b> <b>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>	<p><b>PRIVATE LESSONS</b></p> <p>THURSDAYS 5:30pm - 5:55pm 6:00pm - 6:25pm 6:30 - 6:55pm</p> <p><b>SCAN HERE TO REGISTER</b></p> 

**YARROW FAMILY YMCA**

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