



SOUTHEAST VENTURA COUNTY YMCA
SIMI VALLEY FAMILY YMCA
ADULT & TEEN
SWIM LESSONS

Spring 1 Session
March 3 - April 19

No classes 3/24 - 3/29



Group Lessons (45 minutes)

- \$126 Member
- \$252 Non-Member


1 Lesson per Week - Max Ratio 1:5
 Swimmer may register for multiple days

Private Lessons (30 minutes)

- \$225 Member
- \$450 Non-Member

1 Lesson per Week - Ratio 1:1
 Swimmer may register for multiple days

WEDNESDAY	FRIDAY	SATURDAY
5:30PM—6:15PM FREESTYLE AND BEYOND TEEN LAP POOL	4:45PM - 5:30PM FREESTYLE AND BEYOND TEEN LAP POOL	11:00AM - 11:45AM SWIM BASICS ADULT LAP POOL
6:15PM - 7:00PM SWIM BASICS ADULT LAP POOL		11:45AM - 12:30PM FREESTYLE AND BEYOND ADULT LAP POOL
		12:00PM - 12:45PM FREESTYLE AND BEYOND TEEN LAP POOL

<p>FREESTYLE AND BEYOND</p> <p>If you've already mastered the fundamentals of swimming, then this is the class for you! Swimmers 14+ 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>SWIM BASICS</p> <p>In this class, swimmers 14+ 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>Swim, Float, Swim Jump, Push, Turn, Grab</p>	<p>TEEN CLASSES: SWIMMERS AGED 14 - 18</p> <p>ADULT CLASSES: SWIMMERS AGED 18+</p> <p>SCAN HERE TO REGISTER</p> 
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SIMI VALLEY FAMILY YMCA
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 For more information please email us at simiaquatics@sevymca.org