



SOUTHEAST VENTURA COUNTY YMCA
SIMI VALLEY FAMILY YMCA

ADULT/TEEN SWIM LESSONS

Spring 2 Session
 April 28th – June 7th

No lessons 5/26 due to Memorial Day



REGISTRATION OPENS

- MEMBERS: APRIL 14 at 9am
- NON-MEMBERS: APRIL 21 at 9am

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

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

TEEN CLASSES:
 SWIMMERS AGED 13 - 18

ADULT CLASSES:
 SWIMMERS AGED 18+

SCAN HERE TO REGISTER

SWIM BASICS

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:

Swim, Float, Swim Jump, Push, Turn, Grab

FREESTYLE AND BEYOND

If you haveve 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.

SIMI VALLEY FAMILY YMCA

3200 Cochran Street, Simi Valley, CA 93065
www.sevymca.org/swim-lessons | 805.583.5338

For more information, please email us at simiaquatics@sevymca.org