



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INTO SWIMMING

TOM A FINCH COMMUNITY YMCA SWIM LESSONS

October Swim Lessons

October 3, 5, 10, 12, 17, 19

6 lessons, 30 minutes each, Tuesdays and Thursdays

Pre-School ages 3-5

9:00 AM - Preschool Age Swim Lessons
5:00 PM - Water Movement (Stages 1/2)
5:30 PM - Water Stamina (Stage 3)
6:00 PM - Stroke Introduction (Stage 4)
6:30 PM - Water Movement (Stages 1/2)

School-Age ages 6-14

5:00 - Water Movement (Stages 1/2)
5:30 - Stroke Introduction (Stages 3/4)
6:00 - Stroke Development and Mechanics (Stages 5/6)

Hurry! Registration begins September 14th!

Not sure where your child should start? See our member service desk and ask for the **SWIM LESSON FLOW CHART** to follow the skill progression and see what class will fit your child's individual needs.

Cost:

Tom A Finch YMCA Members: \$15

Program Participants: \$50



Contact Alex Laughlin, Swim Lesson Coordinator • Alex.Laughlin@MyYNow.org • 336-475-6125 ext. 293

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