



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FUN WITH A SPLASH OF CONFIDENCE

## LEARN TO SWIM WITH THE Y

### WHEATLANDS MASTER ASSOCIATION,

6601 S. Wheatlands Pkwy, Aurora, CO 80016 • 720 870 2221

Register Online at [www.DenverYMCA.org/wheatlands/swim-lessons](http://www.DenverYMCA.org/wheatlands/swim-lessons)

#### Swim basics

**Stage 1: Water Acclimation-** Get comfortable with underwater exploration and learn how to safely get out of the water if you fall in.

**Stage 2: Water Movement-** Focus on body position and control, directional change and forward movement.

**Stage3: Water Stamina-** Learn to swim longer distances & how to do rhythmic breathing and integrate movements of your arms and legs.

#### Swim strokes

**Stage4: Stroke Introduction-** Develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.

**REGISTRATION** Session 1 February 15-May 31st 2018

Session 2 February 15th- July 1st 2018

#### Four Week Sessions – 30 min. class/2X a week

**Dates:** Session 1: June 5-28 Session 2: July 10-Aug. 2

Tuesday & Thursday

**Cost:** Resident: \$68

CLASS	TIME	M	T	W	TH
Stage 4 Stroke Introduction	9 am		T		TH
Stage 3 Water Stamina	9:00 am		T		TH
Stage 2 Water Movement	9:30 am		T		TH
Stage 1 Water Acclimation	9:30 am		T		TH

#### Also Available

#### Private & Semi-Private Lessons

Private (\$25/30 Min) Semi-Private (2-students at the same level \$30/30 Min) **Private and Semi Private registration will begin Mon. June 4<sup>th</sup> 2018**

In the event that your payment is returned or unpaid, it will be collected electronically. I understand that my account will also be charged \$20 for collection service (or the maximum amount allowed by law) and that I will be responsible for any other associated collection costs.

The YMCA is a not-for-profit organization. Subject to available resources, no person will be denied membership or program participation by reason of inability to pay fees.