



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

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 4th 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.