



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SWIM FOR EXCELLENCY

## SWIM, SPORTS & PLAY Swim Workshops

**VENTURA FAMILY YMCA**  
 a branch of the Channel Islands YMCA

Come join us to get some additional practice at one or all of our swimming workshops!

Various Dates and Times (see below)

Registration is going on now, come join us for only \$8.00 per workshop!  
**Pre-Registration is required!**



Name:			
Group:	Novice/Int I	Int II	Junior
<b>Backstroke:</b> <input type="checkbox"/> Sat. Sept. 30 (3-4:30PM)	<b>Freestyle:</b> <input type="checkbox"/> Sat. Oct. 7 (3-4:30PM)	<b>Starts &amp; Turns:</b> <input type="checkbox"/> Sat. Sept 16 (3-4:30PM) <input type="checkbox"/> Wed Oct 25 (2:30-4PM) <input type="checkbox"/> Mon Nov 20 (2:30-4PM)	
<b>Butterfly:</b> <input type="checkbox"/> Sat. Sept. 16 (5-6:30PM)	<b>Breaststroke:</b> <input type="checkbox"/> Sun. Nov 5 (3-4:30PM)		
<b>IM Starts &amp; Turns:</b> <input type="checkbox"/> Mon. Oct. 23 (2:30-4PM)	<b>Disqualifications:</b> <input type="checkbox"/> Friday Oct 27(1:30-3PM)		

Please register for any workshops at the Welcome Center.