



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING IS A LIFETIME SPORT!

SWIM, SPORT, PLAY
Adult Swim Clinic, FALL 2011

MONTECITO FAMILY YMCA
a branch of the Channel Islands YMCA

Contact James Heidlebaugh, 805.969.3288
James.heidlebaugh@ciymca.org

See reverse side for details



591 Santa Rosa Ln, 805.969.3288

ciymca.org

Adult Swim Clinic, FALL 2011

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The Adult Swim Clinic will introduce and improve strokes, turns, and technique.

If you are looking for an intro course or some technique work, this is the class for you!

Basic swimming skills are required to enroll in the class. If this is the your first swim lesson, please seek private lessons.

Time: <u>Tuesdays</u> ,	5:30pm–6:30pm
or	
<u>Wednesdays</u> ,	12:30pm–1:30pm
or	
<u>Thursdays</u> ,	6:30pm–7:30pm

TWO 6 week Sessions:

Session I: 8/29 – 10/6

Session II: 10/10 – 11/17

Cost per session:

\$40 Facility Members

\$75 Community Members

Classes will be cancelled if there are fewer than 3 participants registered.