



Adult Swim Club

Do you love the water and swimming? Are you proficient at swimming or do you want to improve? Come and join our club to help achieve your goals and find your passion for swimming.

Our YMCA coach has over 40 years of experience and will foster a fun and competitive environment for all types of swimmers to thrive and grow in.

Open to everyone 15 and older.



“Master”


Must be able to swim at least 100 yds and demonstrate proficiency with two swimming strokes. This is for those who can swim more than 1,000 yds.



Tues & Thurs
11:00AM - 12:30PM
Members: \$30/month
Non-Members: \$60/month

“Novice”

Must be able to swim at least 50 yds effectively. This is for those wanting to improve their swimming ability and learn new swimming techniques.



Tues & Thurs
1:00PM - 1:45PM
Members: \$20/month
Non-Members: \$40/month

If you want to try out the club, your first practice day is free.



Grants Pass Family YMCA
1000 Redwood Ave
541-474-0001
grantspassymca.org