



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM BETTER FEEL BETTER LIVE BETTER

Adult Swim Club



Do you have a love for the water and swimming? Are you a triathlete, open water swimmer, regular lap swimmer or just love to swim? We welcome you to come and join your fellow swimmers and help achieve your goals. 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.

What do I need to Join?

Swimmers need to be able to swim at least 100 yds in a strong confident manner, be a team player and be open to receiving feedback and having fun!

What can I expect?

Practice is every Tuesday and Thursday
from 11am - 12:30pm

Daily workouts can range from 1500 to 4000 yds and focus on the development of the four main swimming strokes.

What is the cost?

Members \$34, per month.

Non-Members \$61, per month.

JANUARY 2022 PROMO!

Come and try out the class for 50% off the cost for the month of January, you can sign up online or in person at the YMCA.

January practices begin on 1/18. Full program cost begins February 1st.