

Swimming is a lifelong activity anyone of any age can enjoy.

Our Adult Swim Programs focus on helping YOU be comfortable in the water, whether pool or otherwise, recreational or competitive, and can include training in open waters. We start with individuals who may be fearful of the water and progress all the way to lap swimming and beyond - if you want to go that far.

Our certified instructors and coaches work with all ages from 18 and up—some of our successful students have started in their 80's!



Grants Pass YMCA Team
Applegate Lake 2019

**LET OUR CERTIFIED INSTRUCTORS
SHOW YOU HOW TO BE A
SUPER SWIMMER!**

*** JUST ADD WATER ***

SPRING SESSION DATES 2020

Sessions: 3 - Mar 2nd-Apr 4th
4 - Apr 6th-May 2nd
5 - May 4th-30th
6 - June 1st-27th

GROUP LESSONS CONSIST OF:

(8) 45 minute lessons, 2 times per week,
for 4 weeks.

Members: \$35 Non-members: \$60

*Fee includes a \$5 non-refundable deposit.

Register on-line!

*Prices vary depending on the number of classes
per month.

Open Registration closes at 5pm on the
Saturday prior to the start of each session.
Online registration closes at 2pm on Sunday
prior to start of session. The Y reserves the
right to combine and/or cancel classes as
necessary.

PRIVATE & SEMI-PRIVATE LESSONS

Consist of 5-1/2 hour sessions.

Private-Members: \$60; Non-mem: \$110

Semi-Private-Members: \$50; Non-mem: \$95

Please call for instructor availability.

Our instructors are certified through the U.S.
Masters Adult Learn-To-Swim program and
utilize proven successful
curriculum.



Questions?: Please email or call
Sue Bars at sbars@grantspassymca.net
or 541-474-0001



2020 ADULT SWIMMING PROGRAMS



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ADULT SWIM FITNESS (MASTERS)

ALL AGES 18+

Adult Fitness Swim is a YMCA aquatics program for adult swimmers ages 18 and up at any skill level who are looking to improve their water fitness routine.

Whether you are a **triathlete, open water, pool, or lap swimmer** – or want to become one, we can help you achieve your goals. Swim workouts include development of all 4 strokes. Distances usually range from 1500-3500 yards.

We welcome amateur and dedicated swimmers alike looking to improve stroke technique or performance. YMCA coaches foster a fun and competitive environment for all types of swimmers to thrive and grow in. While the Adult Fitness Swim Program is affiliated and registered with U.S. Masters Swimming, USMS membership is NOT required and you are NOT required to swim competitively. We will work with all skill levels.

SWIM FITNESS-M/W/F CLASSES

M/W/F 10-11:15am.

High intensity for 2500-3500 yards per class
\$40 member; \$60 non-member, per month

SWIM FITNESS-T/Th CLASSES

T/TH mornings 11-12pm

OR

T/TH evenings 5:30-6:30pm

\$34 member; \$51 non-member, per month



Beginners ages 18+

The primary focus of the Beginner Adult Learn To Swim class is to teach adult non-swimmers who may be afraid of water or have just never learned to swim, how to swim correctly and efficiently, including proper breathing technique.

Intermediate Course

Requires instructor approval

Swimmers are advanced to the higher skill levels by their swim instructors. Swimmers will focus on speed, endurance, fitness, stroke technique, and learn swim team drills. Beginner and intermediate group lessons are scheduled regularly throughout the year. Please check schedules for months hosted.

Afternoon Sessions:

Beginners-T/Th 12:30-1:15pm

Intermediate-T/Th 1:15-2pm

Evening Sessions:

Beginners-T/Th 6:15-7pm

Intermediate-T/Th 5:30-6:15pm

Cost: \$35 member; \$60 non-member

Note: Through a grant from the Swimming Saves Lives Foundation, all Adult Learn-To-Swim classes are provided FREE of charge in March, April, and May of 2020.



The Adult Learn-to-Swim Program (ALTS) is a U.S. Masters Swimming (USMS) program developed to train adult instructors in the latest methods for teaching an adult how to swim. With the Centers for Disease Control estimating that over 37% of the adult population in the U.S. is unable to swim, an adult learn-to-swim program provides a valuable community service allowing adults the opportunity to learn how to swim giving them a valuable lifesaving skill.

