



We build strong kids, strong families, strong communities.

Y MECHANICS SWIM PROGRAM

This is not your basic swim course. A working understanding of butterfly, breaststroke, freestyle, and backstroke are required to join. Our highly experienced coaches will incorporate stroke technique and conditioning in every workout, giving each swimmer a workout that revolves around his or her particular needs.

Are You...

- A summer league SAIL swimmer who didn't quite make Championships last summer?
- A soccer player, violin player, dancer, or great student who wants to improve your swimming?
- A past year-round swimmer who is looking to stay sharp for summer competitions?
- A young swimmer who wants to try out for one of the local year-round teams in the future?
- A busy student athlete who loves to swim but doesn't have the time that a year-round team requires?
- A swimmer who made Classics last year, but knows it's going to take some extra work to get there again?

If you are, and you want professionals to show you how to get better, then come and swim with us.

It's not about swimming more laps; it's about swimming the right way!

New This Year

- **Closed Enrollment** – Simply stated, once you are in the program, you can bypass the open enrollment process.
- **Pre-Screening** – Interested swimmers will undergo an assessment prior to enrollment. This will help us to identify which swim program is best suited for each swimmer.
- **Waiting List** – Those on the waiting list will participate in pre-screening. If we do not have a spot in the program for a swimmer on the waiting list, he/she will be allowed to enroll during "closed" enrollment for the next session.

How to Get Involved

Days: Mondays, Tuesdays, Wednesdays, and Thursdays

Times: 5:30 PM – 6:30 PM

Sessions: September 21 – October 15 (Start-Up / 4 weeks)
 October 19 – December 17 (Regular / 8 weeks)
 January 4 – February 25 (Regular / 8 weeks)
 March 1 – April 29 (Regular / 8 weeks)
 May 3 – May 27 (Summer Warm-Up / 4 weeks)

Fees: Start-Up/ Summer Warm-Up Session:
 YMCA Member: \$65
 Non-Member: \$112
 Regular Session:
 YMCA Member: \$130
 Non-Member: \$224

Contact: Jeremy Puskas
 Aquatics Director
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REGISTER NOW! Class sizes will be kept small to ensure program quality and will fill up.