

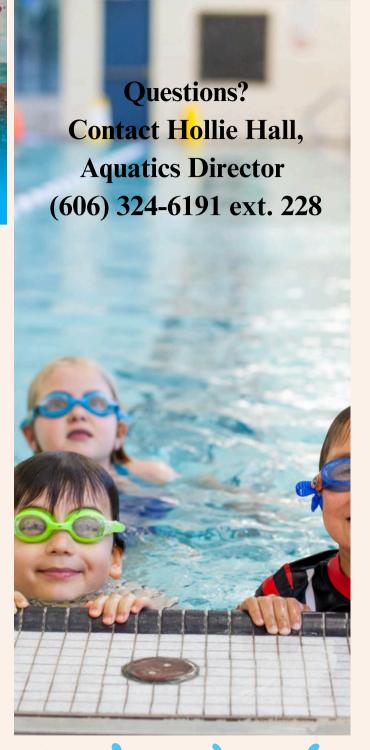
Ashland Area YMCA

Group Swim Lessons
September 23-October 17,
2024
4 weeks, 8 sessions.
Twice a week

Sessions are Monday/Wednesday & Tuesday/Thursday- see inside for more details

Member- \$40- registration begins on September 11th Non-member- \$60- registration begins on September 13th Registration closes on September 23rd

Ashland Area YMCA 3232 Megan Neyer Way, Ashland, KY 41102 606-324-6191



AAYMCA MEMBERSHIP
BENEFIT!!!
Early registration
to secure your spot!

If you have any medical conditions that we need to be aware of or an individual with special needs, please make us aware below:

Stop by the YMCA to get Registered. No phone registration's will be taken



Please check mark or circle one of the below to register your child:

Monday/Wednesday:

Preschool- 5:00 pm-5:40 pm

Level 1: 5:00 pm- 5:40 pm

Level 2: 5:45 pm-6:25 pm

Level 3: 5:45 pm- 6:25 pm

Tuesday/Thursday:

Level 1: 6:00 pm-6:40 pm

Level 2: 6:00 pm-6:40 pm

Level 3: 6:45 pm-7:25 pm

Level 4: 6:45 pm-7:25 pm

- Member fees: 1st child \$40/
 each additional child \$20
- Non-member fee: 1st child \$60/ each additional child \$30

LEVELS WE OFFER:

Preschool level (3-5): fully submerge underwater, get in and out of the water by themselves, front float & back float with assistance, learn roll float with assistance, front glide with assistance, back glide with assistance, introductory freestyle (scoops and kick), and elementary backstroke (tickle, T, touch) Level 1:10 bobs, learn front float, back float, roll float, front glide, back glide, introductory freestyle, elementary backstroke, sculling on back, survival float, retrieve objects underwater, jump into recovery float Level 2: 20 bobs, do a front float, back float, roll float, front glide with kicks, back glide with kicks, introduce side breathing for freestyle, regular backstroke, change direction while swimming, and introduce whip kick, jump in, and swim for wall, introduce treading water Level 3: 20 bobs without hesitation, front glide with kicks, back glide with kicks, triple switch freestyle, triple switch backstroke, learn bilateral breathing, perform backstroke with correct body position, scull, and kick, learn whip kick, and introduce butterfly and butterfly kick, learn to tread water Level 4: swim the 25 yds. freestyle, swim 25 yds. backstroke, perform bilateral breathing for freestyle, learn breaststroke arms and combine with a kick, learn butterfly, learn open turns for butterfly and breaststroke, learn flip turns for

Must be a minimum of 3 kids signed up for level to hold class

freestyle and backstroke

Swimmers Name:
Birthday: Age:Address:
City, State, Zip:
Phone:
Email: Previous swim lessons? YES NO
If yes, what level?
Parents name:
YMCA member? YES NO
Specified level and day:
Preschool ages are 3-5
Level 1-4 ages are 6-12