



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT STROKE DEVELOPMENT CLINICS

STONESTOWN FAMILY YMCA

Description

Beginning February 2011, we will be offering classes to adults who know how to swim but are striving to better their technique. Each class will focus on a different swim stroke. Coaches will give drills for practice, as well as provide corrective feedback. Participants will quickly learn how to swim faster and farther! Come join us at the Stonestown Family YMCA!

Date: 1st and 3rd Sundays of the month

Time: 5:15pm - 6:15pm

Location: Stonestown Family YMCA - Pool

1 Day

Facility Member - \$10

2 Days

Facility Member - \$18

4 Days

Facility Member - \$32

Please sign up at our Membership Services Desk
or enroll online at <http://enroll.ymcasf.org>.

Contact

For more information, please contact:

Courtney Wheelock

Swim Lesson Coordinator

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