

# Y SWIM CLUB™

The Rogue Valley Family YMCA offers a swim club program geared to advanced swimmers. This is different from a swim team program because the swim club does not attend swim meets.

The YMCA swim club is the natural progression from YMCA swim lessons. Swimmers will focus on fun, fitness, stroke technique and learn swim team drills. Swimming is a lifelong sport which develops fitness, self-esteem and lasting friendships.

**Who:** For youth ages 6 and up

**Where:** Rogue Valley Family YMCA  
522 West Sixth Street  
Medford, OR 97501



**When:** Tuesday and Thursdays  
4:30 to 5:15pm or 5:15 to 6:00pm

**Fees:** During the school year (sessions 1, 2, 3, 5, 6):  
\$84 for Program Participants; \$56 for Y Members per 7 week session  
During the summer (sessions 4A, 4B):  
\$48 for Program Participants; \$32 for Y Members per 4 week session  
Financial Assistance is available: 50% scholarship with a school free lunch letter or food stamp letter

**Contact:** Holly Hawley, Aquatics Coordinator  
(541) 772-6295 x119; hhawley@rvymca.org



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**