

Y SWIM CLUB™

The YMCA offers a swim club program with 3 different levels geared to advanced swimmers. This is different from a swim team program because the swim club does not attend swim meets. Swim club is the natural progression from 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. Descriptions of each level are on the back of this flyer.

Who: For youth ages 6 to 18

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



When: Tuesday and Thursdays
4 pm to 7 pm

Fees: During the school year (sessions 1, 2, 3, 5, 6) 7 weeks:
\$90 for each 7 week session

During the summer (sessions 4A, 4B) 4 weeks:
\$52 for each 4 week session

Financial Assistance is available: 25% scholarship with a food stamp award letter

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



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

Swim Club

Swimmers are advanced to this level by their swim instructor. Swimmer must be able to swim front crawl (50 yards) with side breathing, back stroke (50 yards), breast stroke (50 yards) and butterfly kick (25 yards). Skills learned will include endurance, butterfly stroke, stroke refinement, open turns and flip turns. Swim Club is not a swim team program because the club does not attend swim meets.

Advanced Swim Club

Swimmers are advanced to this level by their swim instructor. Advanced Swim Club is geared towards advanced swimmers. Swimmers will focus on speed endurance, fitness, stroke technique, and learn swim team drills. Swimmer must be able to swim front crawl (100 yards) with proper side breathing technique, back stroke (100 yards), breast stroke (100 yards) and butterfly kick (50 yards). Other skills learned will include endurance, butterfly stroke, stroke refinement, open turns and flip turns. Advanced Swim Club is not a swim team program because the club does not attend swim meets.

Swim Team Prep

Swimmers are advanced to this level by their swim instructor. Swim Team Prep is geared towards advanced swimmers. Swimmers will focus on speed endurance, fitness, stroke technique, and learn swim team drills. Swimmer must be able to swim front crawl (200 yards) with proper side breathing technique, back stroke (200 yards), breast stroke (200 yards) and butterfly stroke (50 yards). Other skills learned will include endurance, stroke refinement, and flip turns. Swim Team Prep is not a swim team program because the team does not attend swim meets.