



SWIM CLUB

The YMCA offers a swim club program with 2 different levels (swim club and advanced swim club) geared to more experienced 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 both levels are listed below.

Who: For youth ages 6 to 18

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



When: Tuesday and Thursdays -- 5:00 pm

Fees: \$35 per session (7 classes per session)

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

Swim Club - Swimmers are advanced to this level by their swim lessons 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 lesson or swim club 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.