

SWIM STROKE

DEVELOPMENT CLASS

DESCRIPTION:

This class, beneficial for everyone from the leisure swimmer to the tri athlete, can help improve all of the swim strokes with basic and advanced techniques. Swimming efficiency will increase and help maximize the benefits and enjoyment of swimming. Sessions are six weeks in length and classes are held on Thursdays at 11:00 AM or 7:00 PM.

POINTS OF INTEREST:

- ❖ Learn to be faster and more efficient in the pool
- ❖ Become a strong swimmer by developing a proficient swim stroke
- ❖ Learn to feel comfortable in the pool in an enjoyable atmosphere
- ❖ Learn to use swimming as a low impact means of exercise
- ❖ Class participation is limited to YMCA May Building members
- ❖ Register in the Member Service Office
- ❖ Member must be 16 years or older to participate in the class
- ❖ Contact the member service office for specific dates

CLASS TIMES:

Thursday s.....11:00 AM
.....7:00 PM

COST:

This class is free of charge to YMCA May Building Members. Registration must be completed with the Member Service Office.

CONTACT INFORMATION:

- ❖ For class dates or other information contact **Britt Arthur** at 525-8127, extension 21 or the **Member Service Office** at 525-8127.
- ❖ Come take a look at the programs and facilities that we have to offer and receive a two day guest pass to try the YMCA facilities:

Huntington YMCA May Building
935 10th Ave
Huntington, WV 25701
(304) 525-8127
huntingtonymca.org