

Downtown Berkeley YMCA Aquatic Programs

Effective June 7 - August 29, 2010

Lap Pool: Lap Swimming Hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM to 10:00 PM Adult Lap Swim (18 years & older)			6:00 AM to 10:00 PM Adult & High School Lap Swim (14 years & older)		7:30 AM - 7:30 PM Adult & High School Lap Swim (14 years & older)
	6:00 AM to 8:00 PM High School Lap Swim (14 years & older)					

Lap Pool: Classes & Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:00 AM Aqua Aerobics	7:00 - 8:00 AM TRI/MA	9:00 - 10:00 AM Aqua Aerobics	7:00 - 8:00 AM TRI/MA	11:00 AM - 12:00 PM Aqua Aerobics	9:00 - 10:00 AM Aqua Aerobics	5:00 - 7:00 PM 7-up Lap Swim
11:00 AM - 12:00 PM Aqua Aerobics	11:00 - 11:55 AM Aqua Aerobics	11:00 AM - 12:00 PM Aqua Aerobics	11:00 - 11:55 AM Water Circuit	12:00 - 12:45 PM Water Pilates	10:30 - 11:30 AM Aqua Aerobics	
12:00 - 12:45 PM Water Pilates	2:00 - 4:00 PM 7-up Lap Swim	12:30 - 1:30 PM 4:00 - 6:00 PM 7-up Lap Swim	2:00 - 4:00 PM 7-up Lap Swim	1:30 - 2:30 PM 5:00 - 7:00 PM 7-up Lap Swim	11:40 AM - 2:30 PM Youth Swim Lessons \$	
4:00 - 5:30 PM 7-up Lap Swim	4:30 - 5:30 PM YMCA Swim Team \$	7:00 - 8:00 PM Aqua Aerobics	4:30 - 5:30 PM YMCA Swim Team \$	<p>■ = Aqua Fitness Classes. All lap pool aqua fitness classes use 3 lanes. ■ = Family programs. \$ = Additional fee required, and advance registration. *A portion of Open, Family Swim and Adult Open Exercise will be used for private swim lessons. Aqua Aerobics and Aqua Fitness classes exercise with music. Pool area can be noisy during these classes. Lap lanes will be open during all pool hours, although the number of lanes available will vary depending on other programs (swim lessons, water fitness and etc.) in progress.</p>		
5:30 - 6:30 PM YMCA Swim Team \$	7:15 - 8:00 PM Swimming Clinics \$	8:00 - 8:45 PM Adult Swim Lessons (Int.) \$	8:00 - 8:45 PM Adult Swim Lessons (Beg. II) \$			
7:00 - 8:00 PM Aqua Aerobics	8:00 - 8:45 PM Adult Swim Lessons (Beg. II) \$					
8:00 - 8:45 PM Adult Swim Lessons (Int.) \$						

Shallow Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 - 10:00 AM Adult Open Exercise	7:30 - 10:00 AM Adult Open Exercise	7:30 - 10:00 AM Adult Open Exercise	7:30 - 10:00 AM Adult Open Exercise	7:30 - 10:00 AM Adult Open Exercise	8:30 AM - 2:30 PM YMCA Swim Lessons \$	9:00 - 10:30 AM Adult Open Exercise
10:00 - 11:00 AM Parent/Child Classes \$	10:00 AM - 12:00 PM Camp - Voyager \$	10:00 - 11:00 AM Parent/Child Classes \$	10:00 - 11:00 AM Parent/Child Classes \$	10:00 - 11:00 AM* YMCA Swim Lessons \$	2:00 - 4:30 PM Private Lessons \$	10:30 - 11:00 AM Tiny Waves
11:00 - 11:30 AM Tiny Waves	12:00 - 1:00 PM Adult Open Exercise	11:00 - 11:30 AM Tiny Waves	11:00 - 11:55 AM VIA Center	11:00 - 11:30 AM* Tiny Waves	3:00 - 3:55 PM Family Swim* (Session I)	11:00 - 11:30 AM Tiny Waves
11:30 AM - 12:00 PM Tiny Waves	1:00 - 1:55 PM Tiny Waves	11:30 AM - 12:00 PM Tiny Waves	12:00 - 1:00 PM Adult Open Exercise	11:30 AM - 12:00 PM Tiny Waves	4:00 - 4:55 PM Family Swim* (Session II)	11:30 AM - 12:00 PM Tiny Waves
12:00 - 1:00 PM Camp - Kindergarten \$	2:00 - 3:00 PM Alta Bates Inpatient \$	12:00 - 1:00 PM Camp - Kindergarten \$	1:00 - 3:00 PM Camp - Voyager \$	1:00 - 1:55 PM Water Fitness	5:00 - 7:00 PM Adult Open Exercise	12:00 - 12:30 PM Tiny Waves
1:00 - 1:55 PM Water Fitness	3:00 - 4:00 PM Private Lessons \$	1:00 - 1:55 PM Water Fitness	3:00 - 3:30 PM Swim & Gym Program \$	2:00 - 2:45 PM Arthritis (AFYAP)		12:30 - 1:30 PM Splash Party \$
2:00 - 2:45 PM Arthritis (AFYAP)	4:00 - 6:15 PM YMCA Swim Lessons \$	2:00 - 2:45 PM Arthritis (AFYAP)	3:00 - 4:00 PM Private Lessons \$	3:00 - 6:00 PM* Adult Open Exercise		1:30 - 2:30 PM Adult Open Exercise
3:00 - 5:00 PM Private Lessons \$	6:15 - 7:10 PM* Family Swim	3:00 - 5:00 PM Private Lessons \$	4:00 - 6:15 PM YMCA Swim Lessons \$	6:00 - 7:00 PM Prenatal Exercise		2:30 - 3:15 PM Family Swim (Session I)
5:00 - 7:15 PM YMCA Swim Lessons \$	7:15 - 8:00 PM Adult Swim Lessons (Beg. I) \$	5:00 - 7:15 PM YMCA Swim Lessons \$	6:15 - 7:10 PM* Family Swim	7:00 - 7:40 PM Family Swim (Session I for ages 6 & under ONLY)		3:20 - 4:05 PM Family Swim (Session II)
7:15 - 8:10 PM* Family Swim	8:00 - 8:45 PM* Adult Open Exercise	7:15 - 7:40 PM* Family Swim (Session I)	7:15 - 8:00 PM Adult Swim Lessons (Beg. II) \$	7:45 - 8:25 PM Family Swim (Session II)		4:10 - 4:55 PM Family Swim (Session III)
8:15 - 9:00 PM* Adult Open Exercise		7:45 - 8:10 PM* Family Swim (Session II)	8:00 - 8:45 PM* Adult Open Exercise	8:30 - 9:10 PM Family Swim (Session III)		5:00 - 6:00 PM Splash Party \$
		8:15 - 9:00 PM* Adult Open Exercise				

Grace's Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - 10:00 AM 11:30 - 1:00 PM Adult Open Exercise / Lap Swim	8:30 - 10:00 AM Adult Open Exercise / Lap Swim	8:30 - 10:00 AM 11:30 - 1:00 PM Adult Open Exercise / Lap Swim	8:30 - 10:00 AM Adult Open Exercise / Lap Swim	8:30 - 10:00 AM 11:30 - 1:00 PM Adult Open Exercise / Lap Swim	9:30 - 2:30 PM Youth Swim Lessons \$	2:30 - 3:30 PM Adult Open Exercise / Lap Swim
1:00 - 2:00 PM Camp - Explorer \$	10:00 AM - 12:00 PM Camp - Discovery \$	10:00 - 11:00 AM Alta Bates Outpatient \$	12:05 - 1:00 PM Deep Water Aerobics	10:30 - 11:30 AM Camp - Explorer \$	2:00 - 4:30 PM Private Lessons \$	3:30 - 4:30 PM Open Swim
2:00 - 3:00 PM MS Class/ MS Open Exercise See Description for dates	12:05 - 1:00 PM Deep Water Aerobics	1:00 - 2:00 PM Berkeley Physical Therapy \$	1:00 - 3:00 PM Camp - Discovery \$	1:00 - 3:00 PM Camp - Middle School \$		
3:00 - 6:30 PM YMCA Swim Lessons \$	3:30 - 6:15 PM YMCA Swim Lessons \$	3:00 - 6:30 PM YMCA Swim Lessons \$	3:00 - 6:15 PM YMCA Swim Lessons \$	5:30 - 7:00 PM Adult Open Exercise / Lap Swim		
6:30 - 7:30 PM Prenatal Exercise	6:15 - 7:00 PM* Open Swim	6:30 - 7:30 PM* Open Swim	6:15 - 7:00 PM* Open Swim	7:00 - 8:00 PM* Open Swim (Session I)		
7:30 - 8:30 PM* Open Swim	7:00 - 8:00 PM* Deep Water Exercise		7:00 - 8:00 PM* Deep Water Exercise	8:00 - 9:00 PM* Open Swim (Session II)		

Downtown Berkeley YMCA

 2001 Allston Way
 Berkeley, CA 94704
 (510) 848-9622
 www.baymca.org

General Information

Lap Pool Information

The lap pool is a seven-lane 25-yard pool that is 4 feet deep. One lane is designated for water walking and the disabled. The pool temperature averages 80 - 82 °F. It is equipped with a hydraulic swim lift. The number of lanes available will vary depending on other programs in progress.

Shallow Pool Information

The shallow pool is a 30-foot square pool that is 3 - 3½ feet deep. The pool temperature averages 90 - 92 °F. It is equipped with a hydraulic swim lift.

Grace's Pool Information

Grace's Pool is 20 yards long with a shallow end of 3½ feet and a deep end of 7½ feet. The temperature averages 84 - 86 °F. It is equipped with a hydraulic swim lift.

Lap Pool & Hot Tub General Information

Lap Swimming Etiquette

1. Swimmers must enter the lap pool at the end closest to the lifeguard.
2. Maximum number of swimmers in each lap lane is six.
3. Maximum number of walkers in the walking lane is ten.
4. Swimmers are required to inform all other swimmers in the lane before entering.
5. If there are 2 or less swimmers in a lap lane, the lane should be split.
6. All swimmers must "circle swim" if there are more than 2 swimmers in a lane. Slower swimmers should stop at the wall and allow faster swimmers to pass.
7. Lanes are designated "walking", "slow", "medium" and "fast". Please select the appropriate lane for your ability.
8. Lifeguards reserve the right and are expected to ask swimmers to move to another lane to facilitate traffic flow in the lanes.

High School Lap Swimming (14 years and older)

High School Members may use the lap pool and hot tub during the following hours:

Monday - Thursday 6:00 AM - 8:00 PM

Friday: 6:00 AM - 10:00 PM (all day)

Saturday & Sunday: 7:30 AM - 7:30 PM (all day)

High School Members (14 and older) who cannot follow lap swimming etiquette will be asked to swim during Open Swim times in Grace's Pool. High School Members ages 14 and older can use the Hot Tub during High School Lap Swimming hours listed above. High School Members age 14 - 17 may use the Hot Tub without a parent or guardian on Friday, Saturday, or Sunday. Monday through Thursday, teens may only use the Hot Tub after 8:00 PM if accompanied by a parent or guardian.

Hot Tub (6 and older)

The hot tub is open whenever the Lap pool area is open. Hot tub is available to ages 6 and older when they meet the following requirements:

- Must be accompanied by an adult or guardian. (Adult/Guardian must be in the hot tub with the child).

Spa Rules

1. Participants with open wounds or infectious diseases are not permitted in the spa.
2. Spa use is not recommended immediately after intense physical activity.
3. Submerging, exercising or sleeping in the spa is not allowed.
4. If you feel light headed, dizzy, or nauseous or have any other symptoms please exit slowly and notify the lifeguard on duty.
5. Exposure longer than 10 minutes can be hazardous to your health.
6. Pregnant women and people with heart conditions or high blood pressure should not use the spa.
7. Children under the age of 6 are not allowed in the spa.
8. Children between the ages of 6-13 must be directly supervised in the water by a parent or guardian 18 years or older at all times.
9. Spa temperature is 102 degrees. Do not use the spa if the temperature is greater than 104 degrees.
10. Out of respect to all members, we ask that you keep conversations and voice levels to a minimum. A lifeguard may ask members to lower their voices to an appropriate level.

General Pool Rules

1. Swim only when there is a lifeguard present.
2. Lifeguards have the responsibility to enforce rules and regulations and have the authority to remove anyone for unsafe or inappropriate behavior.
3. For your safety, walk slowly on the pool deck!
4. Diving or belly first entries into water less than 9 feet deep are not allowed. Feet first entries only.
5. State law requires you to take a shower before swimming in the pool or spa.
6. Food, glass, drinks and chewing gum are not allowed in the pool areas. Water in an enclosed container is permitted.
7. People with shoulder length hair need to wear a swim cap or tie hair back.
8. Only U.S. Coast Guard approved personal floatation devices are permitted. Inflatable devices of any kind are not allowed in the pool.
9. Aquatic equipment (kickboards, paddles, fins, float-belts, noodles, swim lesson toys and dumbbells) are for adult and instructional use only and must remain in each pool area as designated.
10. Swim Suits are required. Swim Suits must be youth friendly and non-revealing.
11. No street shoes on the pool decks with the exception of Aquatics and Maintenance staff.
12. YMCA members are not allowed to bring in guests, other members or off duty YMCA swim instructors to teach private and/or group lessons. No instruction is allowed that is or can be perceived by either the Aquatics Director/Aquatic Staff/or YMCA members as Group Instruction/Private Lessons.
A parent working with their child is acceptable.
13. Babies must wear approved swim diapers or plastic pants in the water.
14. All children under the age of 14 must be accompanied in the water by a parent/guardian unless enrolled in a supervised program with YMCA staff (swim lessons, Fit Kids).
15. Children may not sit or play in the pool during aqua aerobics, lap swim, or swim lessons.
16. All members are responsible for replacing any equipment used during their workouts. A lifeguard may ask members to put away their equipment.

Adult Open Exercise

- Aquatic equipment (kickboards, paddles, fins, float belts, noodles and dumbbells) are for adult and instructional use only and must remain in the designated pool area
- With swimmers and stationary/walking members using the pool at the same time the space needs to be shared equally.
- Swimmers shall swim in the lane closest to the wall with the windows and lane lines
- Slower swimmers shall move away from the wall as faster swimmers enter the pool
- Stationary/walking participants shall use the lanes closest to the steps
- Swimmers may be asked to wait until appropriate space is available
- Participants may be asked to move and/or circle swim/walk if they are using more space than needed

Contact us

Joedy Michael, Aquatics Director

Facilities, water exercise and general questions
(510) 665-3215 or jmichael@baymca.org

Shelly Prater, Associate Aquatics Director

Swim Lessons
(510) 665-3258 or Sprater@baymca.org

Miranda Boon, Associate Aquatics Director

Private Swim Lessons and Lifeguards
(510) 665-3257 or Mboon@baymca.org

Aquatic Family Recreation Programs

General Policies

- Available for Full Service only. Welcome Desk may ask to see member I.D. card when picking up tickets.
- A 25 participant: 1 lifeguard ratio will be kept at all times for sessions not requiring tickets. Participants may be asked to wait in the hallway if the pool is at capacity. Lifeguards will let new swimmers in as members get out.
- Children between the ages of 6 months - 4 years of age are required to be within arms reach of a parent/guardian 18 years or older at all times.
- Children between the ages of 6 months - 13 years of age must be directly supervised in the water by a parent/guardian 18 years or older at all times.
- A 4 child:1 adult ratio will be enforced at all times (for Family Swims and Open Swims)
- Only Coast Guard and YMCA approved flotation devices are permitted and are available upon request.
- Children not potty trained are required to wear rubber pants or swim diapers (not regular diapers).

7-Up Lap Swim • Lap Pool

(7 years and older with parent/guardian)

Lap swimming open to Full Service Members with their children, age 7 and older, who are competent lap swimmers (Fish level and above).

- Must be at least four feet tall.
- Participants must pass swim test to participate: **Swim Test:** Must swim length of the pool (25 yards) without stopping. Must swim a recognized stroke on their stomach; face down demonstrating the ability to breathe.
- Adults must accompany children in the same lane with no exceptions.
- Children who cannot yet swim 25 yards without stopping, or who cannot adhere to lap swim etiquette will be asked to use Open Swim or Family Swim times.

Tiny Waves • Shallow Pool

For kids 6 months to 4 years with parents

- Tickets are only needed for the Sunday sessions and are distributed 15 minutes before the scheduled session at the Welcome Desk (**no in and out policy with tickets**) (25 tickets available).
- The white basket of toys and orange back-packs are the only items permitted during Tiny Waves.
- Parent/Child swim lesson parents have priority to participate in the tiny waves sessions that follow their lessons

Family Swim • Shallow Pool

For kids 6 months to 13 years with parents

- Tickets are required for every person entering the pool and for all family swim sessions (no in and out policy with tickets.) They are distributed 15 minutes before the scheduled session at the Welcome Desk. (25 tickets available)
- The white basket of toys and orange back-packs are the only items permitted during Family Swim.
- This program is not for adult members who wish to lap swim or exercise without children.

Open Swim • Grace's Pool

For families (children 6 months and above) and adult members

- Tickets are required for Friday night open swim. Tickets are distributed 15 minutes before the scheduled session and are available at the Welcome Desk (no in and out policy with tickets) (25 tickets available).
- A Lifeguard may ask a participant to pass a swim test to participate: **Swim Test:** Must swim length of the pool without stopping. Must swim a recognized stroke on their stomach; face down demonstrating the ability to breathe.
- Only those who can pass the **Swim Test** are permitted in the deep area of the pool. Children requiring a personal flotation device or back-pack are not allowed in the deep area of the pool.
- For safety reasons lap swimming is not permitted during open swim time.
- High School Members age 14 - 17 may attend Open Swim without a parent or guardian, Monday through Sunday. Parents/guardians are responsible for prompt pick-up and drop-off of unaccompanied teens.
- Exercise equipment is permitted for use during Open Swim for adults 18 and over; otherwise the orange backpacks are the only item available for use.

Aquatic Exercise Classes

Aqua Group Exercise Classes

Aqua Aerobics • A low-impact aerobic workout designed to work every major muscle group. The water's buoyancy decreases stress on hips, knees, ankles and feet. No swimming skills required.

(M/Tu/W/F/Sat AM, M/W PM)

Deep Water Exercise / Aerobics • A non-impact aerobic class. You will be guided through exercises traditionally performed on land, including running, cross-country skiing, aerobics and dance. Swimming skills are not required, but participants should be comfortable in deep water. *(Tu/Th noon, Tu/Th PM)*

TRI/MA • Masters swim workouts. Each workout includes a warm-up, main set, stroke mechanics, stroke drills, and a cool-down. Triathletes and competitive swimmers are highly encouraged to attend. For Berkeley YMCA Full Service Members only. *(Tu/Th AM)*

Water Circuit • Focus on cardio conditioning and strengthen all major muscle groups in this fun and challenging class. Designed to improve your stability and balance. Move from station to station, work at your own pace, and have fun! All levels welcome! *(Th AM)*

Aqua Mind-Body Classes

Water Pilates • This class creatively adapts Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace. Improve posture and body awareness. Learn how to move the body as an integrated whole. *(M/F PM)*

Aqua Wellness Classes

Arthritis Program (AFYAP) • The Arthritis Foundation YMCA Aquatic Program (AFYAP) is a warm-water (90-92° F) recreational exercise program designed to alleviate the pain and stiffness associated with arthritis. It may also increase your range of motion. Taught by an Arthritis Foundation and YMCA certified instructor, swimming ability is not necessary to participate in the program. *(M/W/F PM)*

MS Class • The Multiple Sclerosis Society and the YMCA offer an aquatic class for people with MS. All MS participants are encouraged to apply for financial assistance. Those who are not able to stand may bring an attendant.

Session Dates: June 21 - August 16

September 13 - December 6 *(No class Nov. 22)*

Prenatal Water Exercise • This class offers moderate to vigorous exercise and stretching designed specifically for pregnant women. An excellent way to meet other soon-to-be moms. *(M/F PM)*

Water Fitness • This class uses the resistance of the water to help increase muscle tone, flexibility, range of motion and strength. Less strenuous than aqua aerobics and ideal for rehabilitating injured muscles and joints, it is an excellent program for seniors. *(M/W/F PM)*

Aqua Exercise Classes General Information

Unless marked with a \$ symbol, all classes are drop-in and free to Berkeley YMCA Full Service Members.

- Instructors subject to change.
- Look for modified holiday schedules.
- Class space is limited. Please come on time.
- Members must be actively participating in all aqua classes. If members are not participating or are disrupting the class they may be asked to leave.
- If you are more than 10 minutes late for a class, you may not be allowed to enter the class due to safety and disruption issues.
- All classes and scheduled activities are based on minimum enrollments and subject to change.
- Classes may be cancelled or combined if enrollment is low.

Adult Swim School

Session Dates Monday & Wednesday Group Classes

Sessions	Pre-Reg.	Reg.	Classes per Session
June 7 - 30	May 12 - 18	May 19 - June 7	8
July 7 - 28	June 16 - 22	June 23 - July 7	7
Aug. 2 - 25	July 14 - 20	July 21 - Aug. 2	8
Aug. 30 - Sept. 22	Aug. 11- 17	Aug. 18 - 30	7 (no class 9/6)
Sept. 27 - Oct. 20	Sept. 8 - 14	Sept. 15 - 27	8

Session Dates Tuesday & Thursday Group Classes

Sessions	Pre-Reg.	Reg.	Classes per Session
June 8 - July 1	May 12 - 18	May 19 - June 8	8
July 6 - 29	June 16 - 22	June 23 - July 6	8
Aug. 3 - 26	July 14 - 20	July 21 - Aug. 3	8
Aug. 31 - Sept. 23	Aug. 11- 17	Aug. 18 - 31	8
Sept. 28 - Oct. 21	Sept. 8 - 14	Sept. 15 - 28	8

Adult Swim School

Group instruction is available for all levels and abilities. Sessions are 4 weeks; lessons are twice-a-week.

For questions regarding Adult Swim Lessons, contact the Associate Aquatics Director at 665-3258.

Beginner I

This class is a water adjustment class for beginning swimmers, designed to develop basic preliminary swimming skills including: basic kicking skills (flutter kick), and front and back float. No pre-requisite.

Tuesdays & Thursdays 7:15 - 8:00 PM Shallow Pool
Full Service \$68 / Program Members \$95 Code: 1AAWSBEGI

Beginner II

This class builds basic swimming skills. Ability to do front/back float and front/back kick recommended. In this class, the swimmer will learn: basic freestyle stroke technique, basic backstroke technique, and preparation for "real world" lap swimming.

Tuesdays & Thursdays 8:00 - 8:45 PM Lap Pool
Full Service \$68 / Program Members \$95 Code: 1AAWSBEGII

Intermediate

This class provides the skills to swim longer distances, with encouragement and motivation from an instructor and fellow swimmers. In this class, the swimmer will learn: stroke refinement and side-breathing, increase distance per stroke, and introduction of breaststroke and open turns.

Mondays & Wednesdays 8:00 - 8:45 PM Lap Pool
Full Service \$68 / Program Members \$95 Code: 1AAWSINT

Swim Lesson Policies

- Full Service or Program Membership is required for participation.
- There are **NO MAKE-UP LESSONS** for missed classes or sessions.
- All fees are nonrefundable unless classes are cancelled by the YMCA or if you are unable to attend due to illness, and have a doctor's note.
- To receive a refund you must cancel before the first lesson begins by contacting the Aquatics Director at 665-3215. There will be a \$25 processing fee or a voucher can be added.

Swimming Clinics

All clinics are open to Berkeley YMCA Adult Full Service Members only. Please register at the Welcome Desk. No phone-in registration. Cost per class is \$15 unless otherwise indicated. For more information about Aquatic Clinics, please contact Shelley Prater, Associate Aquatics Director, at (510) 665-3258.

Clinics take place on Tuesdays at 7:15 - 8:00 PM in the Lap Pool unless otherwise indicated. Limited to 8 participants.

June 22 and 29 • Preparing for open water swims- Part 1 & 2

Are you new to open water swimming? Part 1 of this clinic will cover these basic techniques: the start, sighting, and navigation. Part 2 will focus on the techniques of drafting, dealing with rough water and how to use the two beat kick to conserve energy. (*Attendance to both clinics is suggested*)

Cost: \$35 Code: 1AAWOPEN Level: Intermediate

July 6 • Flip Turns

This clinic will focus on open turns, freestyle and backstroke turns.

Code: 1AAWBFLIP Level: Intermediate

July 20 • Freestyle Side Breathing

Learn how to improve both lateral and one sided breathing for more effectiveness swimming freestyle and without strain.

Code: 1AAWSIDE Level: Intermediate

August 3 • Lap Swimming 101

Have any questions about lap swimming? Are you looking to cross train? This clinic is designed to give students the tools to lap swim and create an effective workout for themselves.

Code: 1AAWLS101 Level: Beginner

August 17 • Flip Turns

This clinic will focus on open turns, freestyle and backstroke turns.

Code: 1AAWBFLIP Level: Intermediate

August 31 • Intermediate Breaststroke

This clinic will focus on breaststroke including drills and workouts.

Code: 1AAWBISTROKE Level: Intermediate

Private Swim Instruction for Adults

Private swim lessons are taught by qualified YMCA personal swim instructors. After an initial assessment, private swim instructors help members improve their swimming skills through drills, encouragement and coaching. Available on a limited basis. To schedule an appointment, contact the Aquatic Department at 665-3257. No reimbursements or refunds available for missed training sessions. Cancellations must be made 48 hours in advance to reschedule at no additional cost.

Full Service: \$120 for four lessons / \$232 for eight lessons
Program Members: \$152 for four lessons / \$299 for eight lessons
Code: (F9) Transaction #76