

YWCA LOWER CAPE FEAR ADULT SWIM LESSONS

Adult group classes are offered all year (ages 13 & up)

CLASS TYPES

Adult Level 1: Fear & Phobia

Swimmers who have a fear of the water. Class focuses on comfort in the water, introduction to breath control, floating, gliding, and going from a horizontal to vertical position.

Adult Level 2: Beginners

Swimmers who are comfortable in the water and with breath control. Introduction to kicking, breathing, swimming skills, treading and water safety.

Adult Level 3: Intermediate

Swimmers who can get themselves across the pool but want to learn how to swim with "real" swim strokes. Focus on backstroke, breaststroke, and freestyle, while introducing concepts of swimming for fitness.

WINTER/SPRING 2023 CLASS SCHEDULE

Adult Level 1: Fear & Phobia

Tuesdays from January 3rd - January 24th @ 6:45 - 7:30 p.m.
Tuesdays from March 7th - March 28th @ 6:45- 7:30 p.m.
Saturdays February 4th - April 25th @ 8:00-8:45 a.m.
Saturdays April 1st - April 22nd @ 8:00 - 8:45 a.m.

Adult Level 2: Beginner

Thursdays from January 5th - January 25th @ 6:45 - 7:30 p.m.
Tuesdays from February 7th - February 28th @ 6:45 - 7:30 p.m.
Saturdays March 4th - March 25th @ 8:00-8:45 a.m.

Adult Level 3: Intermediate

Thursdays from February 9th - March 2nd @ 6:45 - 7:30 p.m.
Thursdays from March 9th - March 30th @ 6:45 - 7:30 p.m.

COST: \$50*

Includes 4 pool passes to encourage participants to come and practice swim skills in between class.

*Does not include YWCA's membership fees.

**YWCA LOWER CAPE FEAR
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