

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.

FALL CLASS SCHEDULE

Adult Level 1: Fear & Phobia

Tuesdays from October 4th - October 25th @ 6:45 - 7:30 p.m.

Adult Level 2: Beginner

Thursdays from October 6th - October 27th @ 6:45 - 7:30 p.m.

Adult Level 2: Beginner

Tuesdays from November 1st - December 1st @ 6:45 - 7:30 p.m.*

Adult Level 3: Intermediate

Thursdays from November 3rd - December 3rd @ 6:45 - 7:30 p.m.*

*No classes on 11/22 or 11/24

COST: \$50

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

**YWCA LOWER CAPE FEAR
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WILMINGTON, NC 28412**

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