



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONE STROKE AT A TIME



Adult Swim Lessons SANTA MONICA FAMILY YMCA

Swim classes for adults who wish to learn how to swim or want to improve their swimming technique are offered for beginner and intermediate swimmers.

Classes are designed to :

- Build confidence in the water
- Teach swimming and water safety to swimmers at all levels
- Improve swimming skills for anyone with any swimming background

WHEN: TUESDAYS & THURSDAYS
TIME: 6:00—7:00 pm
COST: \$125 PER SESSION (must be a current Y Member)
LOCATION: TRAINING POOL & LAP POOL (DEPENDING ON SWIM LEVEL)
REGISTER: ONLINE OR AT THE MEMBER SERVICE DESK

2022 SESSIONS *(Sessions are 6-weeks long)*

A: March 8—April 14

B: April 19—May 26

C: May 31—July 7

D: September 6—October 13

E: October 18—November 29

Questions or more information,
contact Rosalynn Ross, Coordinator
(310)393-2721, ext. 106 or
rosalynn@ymcasm.org