


**DROP-IN ADULT SWIM CLASSES**

In following with the Y's commitment to delivering convenient programming for our members, we are pleased to announce that all of our adult swim programs are now in a drop-in format. Members are no longer required to register for their swim classes. Just arrive on the pool deck during the scheduled lesson time and jump in!

**ADULT SWIM LESSONS**

ADULT	Dates	Day	Beginners	Intermediate	Strokes and Drills	SwimFIT
	January 3-June 14	Tuesday & Thursday	7:30-8:00 pm <b>or</b> 8:00-8:30 pm	7:30-8:30 pm	7:00-8:00 am <b>or</b> 7:30-8:30 pm	
	January 4-June 13	Monday & Wednesday			5:15-6:15 pm	
	January 4-June 16	Monday, Wednesday & Saturday				Mon & Wed: 6:15-7:30 pm Sat: 8:30-9:30am
	January 7-June 16	Saturday	10:00-10:30 am <b>or</b> 10:30-11:00 am	10:00-11:00 am	10:00-11:00 am	

**ADULT SWIM LESSONS**
**Fees**

Adult Lesson Costs:	Level	Member	Non-Member
	Beginners	Included	Day Pass Fee
	Intermediate	Included	Day Pass Fee
	Strokes and Drills	Included	Day Pass Fee
	SwimFIT	Included	Day Pass Fee

**Lesson Descriptions**

Classes	
<b>Beginners</b>	Introduction to movement in water through submersion, floating, gliding and kicking on both front and back. Introductory front and back crawl progression will also be covered.
<b>Intermediate</b>	Continued focus on front and back crawl progressions and introduction to elementary backstroke and breast stroke. Participants must be able to swim 50m continuously.
<b>Strokes and Drills</b>	Participants will continue to develop the four strokes in addition to learning common swim drills and skills such as proper lane etiquette and flip turns. Participants must be able to swim 100m continuously.
<b>SwimFIT</b>	Looking to add a little variety to your fitness routine? Swimming is an excellent way to cross-train and adds variety to your workouts! Ideal for the confident swimmer who is looking for an instructor guided group workout. This program will focus on advanced stroke technique and building endurance through a progressive workout schedule. Participants must be able to swim 400m continuously. Please note: the Saturday swim does not have an instructor; a workout will be posted and two lanes available for those wishing to swim on Saturday morning.

No classes on statutory holidays