



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FUN WITH A SPLASH OF CONFIDENCE

## LEARN TO SWIM WITH THE Y

### TALLYN'S REACH MASTER ASSOCIATION,

24900 E. Park Crescent Dr. Aurora, CO 80016 • 720 870 2221

Register Online at [www.DenverYMCA.org/tallyns-reach/swim-lessons](http://www.DenverYMCA.org/tallyns-reach/swim-lessons)

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#### Swim basics

**Stage 1: Water Acclimation-** Get comfortable with underwater exploration and learn how to safely get out of the water if you fall in.

**Stage 2: Water Movement-** Focus on body position and control, directional change and forward movement.

**Stage3: Water Stamina-** Learn to swim longer distances & how to do rhythmic breathing and integrate movements of your arms and legs.

#### Swim strokes

**Stage4: Stroke Introduction-** Develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.

### REGISTRATION **Session1 FEBRUARY 15-May 31st 2018**

# # # # **Session 2 FEBRUARY 15<sup>th</sup> - JULY 1<sup>st</sup> 2018**

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#### Four Week Sessions – 30 min. class/2X a week

**Dates:** Session 1: June 4-27      Session 2: July 9-Aug. 1  
Monday and Wednesday

**Cost:** Resident: \$68

CLASS	TIME	M	T	W	TH
Stage 4 Stroke Introduction	9 am	M		W	
Stage 3 Water Stamina	9:00 am	M		W	
Stage 2 Water Movement	9:30 am	M		W	
Stage 1 Water Acclimation	9:30 am	M		W	

#### Also Available

##### Private & Semi-Private Lessons

Private (\$25/30 Min) Semi-Private (2-students at the same level \$30/30 Min) **Private and Semi Private registration will begin Mon. June 4<sup>th</sup> 2018**

In the event that your payment is returned or unpaid, it will be collected electronically. I understand that my account will also be charged \$20 for collection service (or the maximum amount allowed by law) and that I will be responsible for any other associated collection costs.

The YMCA is a not-for-profit organization. Subject to available resources, no person will be denied membership or program participation by reason of inability to pay fees.