



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM TEAM BASICS

ALGONA FAMILY YMCA

Swim team basics is a program intended to introduce young swimmers to the basics of swim team. This program is for all ages of swimmers who would like to improve their skills. You will learn:

- Basic racing strokes
- Proper breathing technique
- Diving
- Racing turns
- Streamlining
- Healthy nutrition habits
- Proper swim etiquette and much more

Cost is \$25.00 for members \$50.00 for non-members

Join the Y during the class and get \$25.00 credit towards your membership!

WHEN: **Basic—August 8-18**
 Mon., Tue. and Thur. 3:00-4:00 pm
 Advanced—August 29-Sept.8
 Mon., Tue. and Thur. 5:30—6:30 pm

LOCATION: ALGONA FAMILY YMCA
 2101 E. McGregor St.
 Algona, IA 50511
 515-295-7701

***Swimmers must be able to swim a 25 free and 25 back in order to participate.**