



S w i m m i n g

Strokes and So Much More

New Class for Swimmers entering grades 5-9 (age 10-14)

Learn more about swimming and competitive swimming as you head toward high school. This new program is open to ALL Southington residents entering grades 5-9. Ms. Steinnagel from DePaolo Middle School and Kristen Reeder the Southington YMCA Head Swim Coach will head up this new program open to members and non-members.

Swimming is a lifelong skill and each week participants will learn a new stroke and all the things that go with it. Starts, Turns and Stroke Mechanics for all four major competitive strokes. Come give it a try. Participants do not need to know the 4 strokes to participate in this class. This program is designed for all to learn the 4 strokes.

\$25 for the entire 4 week session

Membership is not required

June 29 thru July 22nd

3-4PM

Tuesday –Thursday for 4 weeks

Participants limited to 24

Southington Community YMCA * 29 High Street * Southington, CT 06489

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Financial Assistance is available to all qualified individuals and families.

The YMCA is a non profit 501c(3) organization