



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BECOME A FORCE IN THE POOL

Pre-Swim Team - Hurricanes

Introduce your child to the most competitive sport around! Swimming develops aerobic endurance and is one of the most beneficial forms of cardiovascular exercise. This class provides flexibility and muscle toning, in addition to developing self-confidence, self-discipline, and goal setting. **Taught by a certified USA Swim Coach and YMCA Swim Instructors.**

5:00pm - 6:15pm

- Swimmers are Required to swim 25 yards freestyle, 25 yards backstroke without stopping and be able to tread water for 1 minute as a pre-requisite.

Dates

Sept.	Oct.
7	5
9	7
14	12
16	14
23	21
28	26
30	28

**REGISTER FROM
AUGUST 15 -
SEPTEMBER 7**

* Due to SCUC swim meets,
there will be no meets on
specific Wednesdays

\$200

for Y Members or
Schertz residents

\$225

for community

Please note the following:

- Pool will close if we see lightning or hear thunder
- Classes that meet at least half their scheduled time will NOT be made up
- There are NO make-up classes due to participant conflicts
- Participants are encouraged to arrive and leave in their swimwear, to limit number of people in locker room.

For more information, please reach out to **Deseret Dawkins** at deseretd@ymcasatx.org

SCHERTZ FAMILY YMCA | 621 Westchester Dr. • 210-619-1900 • ymcasatx.org

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

