



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTH IN SWIMMING

WITH COACH PATTY

Stroke Clinic | Ages 12-18

GRAND LAKE HEALTH/PREMIER HEALTH NORTH YMCA

This program focuses on building endurance and stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle. Skills related to competitive swimming, such as flip turns, starts, and finishes are developed.

Class Times:

Each Thursday in September
6:30PM - 8:30PM

Member: \$60

Non-Member: \$120



To Register, visit DaytonYMCA.org

Cassidy Bowersock - Aquatics Director
(419) 584-9622
cbowersock@daytonymca.org